

TX 715

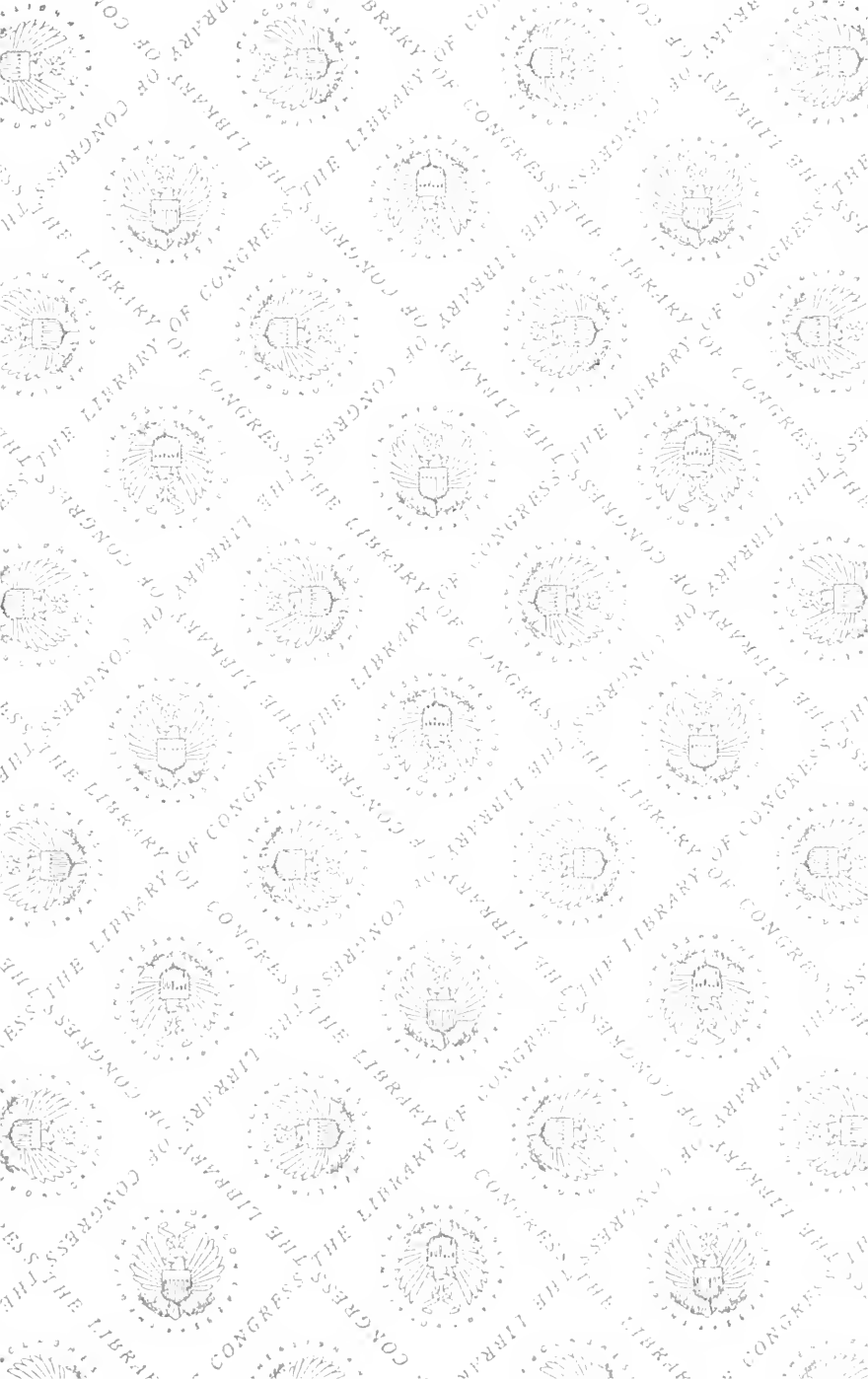
.F79

LIBRARY OF CONGRESS

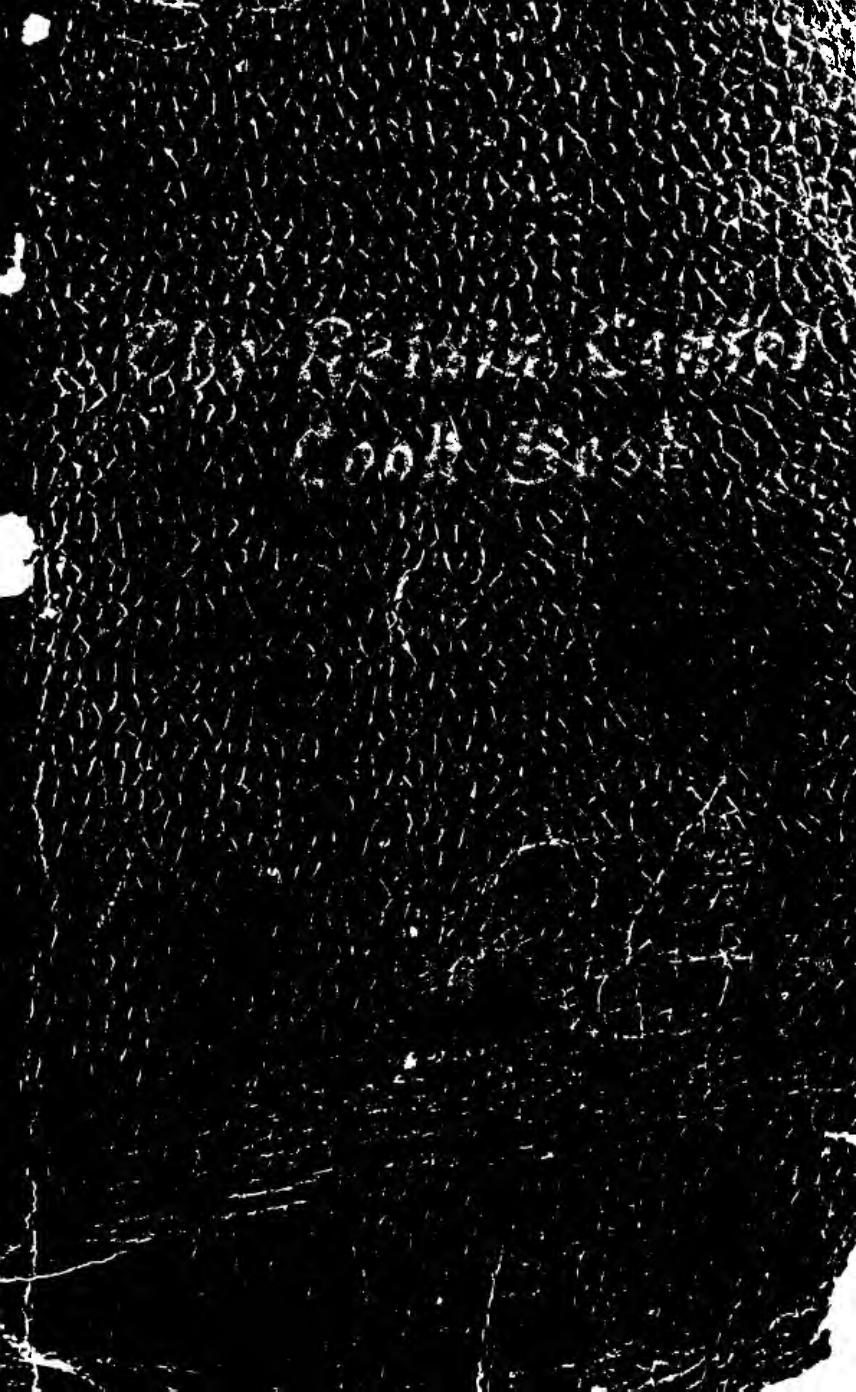


00005806264









A WORD TO THE COOK

Let this store supply you
with your

EXTRACTS SPICES AND BAKING POWDER

as well as your other needs
in the grocery line.

The Best is None too Good for You

You will always find a
willingness to please and
courteous service.

Fowler's Large Modern Store
M. Brady & Co.

BOOM

The Raisin business by teaching
people to eat raisins.

Teach Them

by using

“THE LUSCIOUS BRAND”

of raisins in your recipes.

Yours for prosperity and

Cash in the Sweat-Box

L. F. Giffen & Co

L. D. HOWARD

Contracting Painter and Paper Hanger

DEALER IN

PAINTS, OILS, WALLPAPER AND MOULDINGS

I also do advertising of all kinds.

Cor. Fifth and Merced Sts., - - - Fowler, Cal

THE BRUNSWICK Bowling Alley and Billiard Parlors

The only
Strictly Temperate
Place of its kind in the State.

NELSON BROS

1039 J Street, - - - Fresno, Cal

OFFICERS: Truman G. Hart, Pres.; Lee L. Gray, Vice-Pres.; First National Bank, Treas.; V. H. M. MacLymont, Sec. & Gen. Mgr.; C. F. Wyer, Asst. Mgr.

DIRECTORS: Truman G. Hart, Lee L. Gray, Hector Burness, Frank H. Short, V. H. M. MacLymont.

CITY

CAPITAL \$100,000

COUNTRY

LANDS **FRESNO REALTY & AGENCY CO** INVESTMENTS

1924 TULARE ST

IMPROVED

UNIMPROVED

Transacts a General Real Estate Business, Acts as Agent for Absentee Property Owners. Arranges Loans on Realty.

Los Angeles Office 213 Grant Bldg
Phone Home 1968

Phone White 1591
FRESNO, CALIFORNIA

ADVERTISEMENTS

Barrett-Hicks Co

The best and cheapest place
in the county to buy your

Stoves

Ranges and

Utencils

because we buy in car load lots.

PAINTS

OUR

SPECIALTY

Barrett-Hicks Co

1041 I St., Fresno

Cooks are Made They are not Born

But any ordinary cook can
make a success of anything
in which flour is used with

SPERRY'S NO. 1 BRAND

IT IS THE BEST

Sperry Flour Co

N and Fresno Streets, Fresno, California

Scientific and
Thoroughly Professional
Treatment of the Scalp.....

Bald Heads Please Apply. Advice Free

HAIRDRESSING A SPECIALTY

DOCTOR WILLIAMS

1905 Fresno Street, - Fresno, Cal

The Raisin Center Cook Book

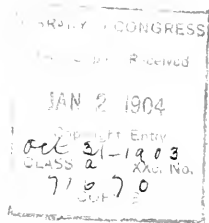
COMPILED AND ARRANGED BY

The Fowler Improvement Association.

Mrs. Chas. Nelson	Mrs. W. E. Marden
Mrs. J. P. Duff	Mrs. M. E. Trowbridge
Mrs. A. C. Palmer	Mrs. A. Mattei
Mrs. A. E. Wagstaff	Mrs. C. H. Norris
Mrs. Z. L. Ward	Mrs. Geo. Waterman
Mrs. T. T. Turner	Mrs. C. S. Manley
Mrs. Fred Nelson	Mrs. J. W. Slater
Mrs. L. A. Howard	Mrs. A. Harris
Mrs. Geo. Scane	Mrs. M. L. Parkhurst
Miss Carrie Elder	Miss Emma Barnett
Miss Harriet Stout	

COOK BOOK COMMITTEE

We are indebted to "The St. Cloud Cook Book," "The Fruit World," "101 Sandwiches," for valuable recipes and desire to make special acknowledgements to "Crumbs From Everybody's Table" for many favors.



TO OUR FAIR YOUNG SISTER
"THE COMING WOMAN"

WE DEDICATE THIS BOOK

Her kitchen will doubtless be a chemical laboratory, her baking and brewing only new chemical combinations, and yet, with all due deference, we commend to her these tried and tested recipes of her grandmothers.

What does cookery mean? It means the knowledge of Medea, and of Circe, and of Calypso, and of Helen, and of Rebekah, and of the Queen of Sheba; it means the knowledge of all fruits, and herbs, and balms, and spices, and of all that is healing and sweet in fields and groves, and savory in meats; it means carefulness, and inventiveness, and watchfulness, and willingness, and readiness of appliance; it means the economy of your greatgrandmothers, and the science of modern chemists; it means much tasting and no wasting; it means English thoroughness, and French art, and Arabian hospitality.

Ruskin

Preface.

The Fowler Improvement Association present this book to their many friends with the hope that their effort to build a club house and extend their library may be looked upon with favor. Special attention has been given to the meatless department and to fruits and raisins, the products of the raisin center. It is hoped that it may prove a valuable assistant to many.

ADVERTISEMENTS

Manley-Burnett Co

General Merchandise

THE FIRM THAT TREATS YOU RIGHT

Anything that can be found at any first-class store can be found here at the

BOTTOM MARKET PRICE

We intend to stay and if right treatment and good goods will draw trade

We Will Get Our Share

All the ingredients for the recipes in this book can be found at our store.

Manley-Burnett Co

Fowler, - - - California

ADVERTISEMENTS

OFFICE OF

HOWARD A. HARRIS

Cor. Sixth and Merced Sts., Fowler, Cal

Job
Printing
Promptly
and
Neatly
Done



The Ensign
Fowler's
Local
Paper
Published
Saturdays

AGENCY

For the PACIFIC IMPROVEMENT CO. in the sale of its Fowler town property.

AGENCY

For the two leading AMERICAN and the two leading ENGLISH INSURANCE COMPANIES.

Bread

MRS. CHARLES NELSON.

"And I will fetch a morsel of bread, and comfort ye: your hearts; after that ye shall pass on."—Genesis 18:5

In the making of good bread there is nothing intricate or difficult, nothing which any person of average intelligence cannot understand, but there is no department of cooking where so much depends upon care in little details, and where failure so surely follows any deviation from certain well established principles.

Good flour, good yeast, pure water and sweet milk are the first essentials to making good bread. Flour should always be sifted before measuring and if kept in a cold pantry, it should be warmed before using. Milk and water should also be warm.

There are various ways of making bread, with milk, water, potatoes, etc., but the two points, sweetness and lightness, remain always the chief consideration. If milk is used, it should be scalded and cooled as this prevents its souring. Next comes the mixing or sponging of the bread. This is not a mere mixture, but an actual chemical combination, and as we cannot use water alone to effect this, it must be supplemented by kneading, and thus comes our most important part.

The excellence of bread depends much upon its kneading. First work the dough in the pan until it loses part of its stickiness, then flour the

board thickly, flour the hands, take out the dough and knead rapidly and continuously by drawing the dough farthest from you over to the center, and pressing it down with the ball of the hand. Repeat this several times turning the dough around until every part is thoroughly and evenly kneaded. When you first begin the dough will be soft and sticky, but when you can knead it on an unfloured dry board, kneading may be discontinued. After this you set it away to rise. Give it time to fully expand, but be careful that the dough does not fall as it is then sour and cannot be restored to the original sweetness.

Next comes the moulding. After the dough is very light, divide it carefully into loaves, knead lightly on the board until formed, place in well greased pans and set in a warm place to rise until double its bulk.

Now comes the baking. Great care should be taken to have the oven just right. If you can hold your hand in the oven while counting twenty slowly, it is all right. The bread should be in the oven ten minutes before it begins to brown. Brush the tops of the loaves with butter before putting in to bake. This keeps the crust moist.

POTATO YEAST NO. 1.

Peel three or four medium sized potatoes. Grate them and add one tablespoonful of salt and one tablespoonful of sugar. Pour enough boiling water over the potatoes to thoroughly cook all the starch; when milk warm add either one dissolved yeast cake or one cup of yeast left over from the last time.

HELEN L. WATERMAN.

POTATO YEAST NO. 2.

Borrow one cup of yeast from your neighbor. At night peel three large potatoes and cook in one quart of water until tender. Mash them and add one tablespoonful of salt and two tablespoonfuls of sugar. Pour the water in which they were cooked over them and let cool. Add the cup of yeast, cover, and let stand until morning. Keep out enough to start with and set your bread with the rest.

Mrs. CHARLES NELSON.

HOT WEATHER YEAST

- 2 good sized potatoes
- 3 tablepoonfuls of sugar
- 1 tablespoonful of salt
- 1 yeast cake

Grate the potatoes then add sugar and salt and mix well. Add one pint of warm(not hot) water. Add yeast cake dissolved in a little water. Stir well and set to rise. One cup of yeast will make three large loaves.

MRS. M. S. PRIEST.

BREAD

One cake compressed yeast, two tablespoonfuls of sugar creamed together in a large bowl. Then add three cups of water or one-half milk and one-half water. Add three teaspoonfuls of salt. Then add warm flour until just stiff enough to knead (generally about three times as much flour as liquid) then add two tablepoonfuls of melted shortening. Place on well floured board and

knead until perfectly smooth and free from stickiness. Place in greased bowl and set in a warm place to rise. Keep the bread warm and let rise until twice its first bulk before making into loaves.

EMMA BARNETT.

WHOLE WHEAT BREAD

One cake compressed yeast and two tablespoonfuls of sugar creamed together. Add two cups warm water and stir. Then add two teaspoonfuls of salt. Add whole wheat flour until stiff enough to beat, but not stiff enough to knead. Add one tablespoonful of shortening and beat about ten minutes, then grease the top, cover and set in warm place to rise.

EMMA BARNETT.

GOOD LIGHT BREAD

Take one quart of wheat bran, put it into warm water with a teaspoonful of salt and set in a warm place to rise. When light, strain through a cloth to keep out all the bran. Put into a vessel with flour enough to make a sponge, add a small pinch of soda, one teaspoonful of salt and one tablespoonful of sugar, let rise, then add flour to make dough. Knead well. When light mould into loaves, let rise and bake in a moderately hot oven.

MRS. N. J. SLOAN

GRAHAM YEAST BREAD

Mix at night two cups of water with one-half cake compressed yeast and enough white flour to make a thin batter, beating five minutes with a spoon. Next morning add one small cup molasses, one teaspoonful soda, two teaspoonfuls of salt and enough Graham flour to make a thin batter. Put in baking pans to rise.

F. J. ALSIP, Fresno.

Other Breads.

RAISIN BREAD

Take a pound package of seeded raisins, pour boiling water over them and stir vigorously and dump into a colander. Pick out all stems and poor raisins and grind through a meat grinder. Have your bread for four loaves sponged (using any formula you choose) and ready to mould. Drop in your raisins and thoroughly incorporate with the dough, adding flour and kneading until elastic. Leave in the pan until light, then divide into loaves and let stand until light and bake. When you remove from the oven, grease the crust with olive oil (Gower's). This bread is fine eaten with olive oil.

MRS. AMOS HARRIS.

SALT RISING BREAD

$\frac{1}{2}$ pint new milk, corn meal to thicken,
1 tablespoonful sugar,

1 teaspoonful salt

Pinch of soda. Flour

Set the milk on the fire and heat to boiling. Remove and stir in corn meal until as thick as thin mush. Keep it in a warm place all night. In the morning it will be light. Put the flour in a bowl (if cold, heat or slightly warm the flour) pour in the mush and mix with warm sweet milk and water, equal parts. Add the sugar, salt and soda. Mix a stiff batter, cover and keep warm. In an hour or two it will be light. Work in flour to make a stiff dough. Let it rise. Mould in loaves, put in greased pans, let rise and bake.

MRS. MARGARET TROWBRIDGE.

SALT RISING LIGHT BREAD

Take one-half pint new sweet milk. At night put on the fire and let come to scalding heat. Stir in corn meal to make a stiff batter. Set in a warm place over night. Next morning put one-half pint warm water into the meal batter then stir in enough flour to make a moderately thick batter to which add one teaspoonful of sugar, set in a kettle of warm water, keep the water warm and in two hours your yeast will be ready to make into bread. Sift one gallon of flour, a scant teaspoonful of salt, pour in your yeast, put in warm water to rinse all the yeast out of vessel and pour it in with the yeast. Work your dough well, put in a bucket, (I use a one-gallon tin bucket to raise bread in as it rises much better in a small deep vessel than where it is allowed to spread out so much) set bucket back in water and keep covered. In one hour it will be ready to

mould into loaves. Put on board, work well. Have your pans greased well with lard or butter, cut your loaves, roll them in butter which will keep them from getting hard while rising, set in a warm place and in half an hour it will be ready to bake. Have your oven hot when putting in but let it cool down so the bread will not burn and let bake one hour with moderate heat. This will make three loaves. MRS. N. J. SLOAN.

WHOLE WHEAT BREAD

Scald one quart of whole wheat flour with one quart of boiling water, pouring the water on very gradually that no lumps be formed. When this has cooled to luke warm, add one-half cup home made yeast or one-half cake compressed yeast dissolved in a little luke warm water and leave to rise, carefully covered and kept in a warm room. When the ferment is light which will be shown by its being a mass of white substance like sea-foam, rather than by having greatly risen; add sufficient warm sifted flour to make a very thick batter and having beaten it well, leave it to rise again. When well risen and cracked over the top like "crazed" china, sufficient flour to make it of the proper consistency must be added and the dough thoroughly kneaded. When the dough clings together and works away from the sides of the bowl, enough flour has been added. Bread should always be kneaded as soft as it can be handled and only sufficient flour added to keep it from sticking to the board. Mould into loaves, place in bread pans and put in a warm place to rise. When risen to nearly double their size, put in the oven and let bake from one to one and one-half hours. When done, remove from the pan

and tilt on their edges so the air may reach all sides and prevent sweating. When perfectly cold, wrap in a thick cloth and put into a bread tin.

MRS. AMOS HARRIS.

BROWN BREAD

- 1 cupful Graham or Rye flour,
- 2 cupfuls corn meal (scanty),
- 1 cupful molasses,
- 1 cupful sour milk,
- 1 cupful boiling water,
- 2 teaspoonfuls of soda,
- 1 teaspoonful of salt.

Pour the boiling water on to the corn meal. Put one spoonful of soda into the sour milk and one spoonful soda into the molasses. After beating these thoroughly, mix with the other ingredients. Pour into a greased mould and steam three hours.

MRS. M. L. PARKHURST.

BOSTON BROWN BREAD

- 2 cupfuls Graham flour,
- 1 cupful white flour,
- 2 cupfuls corn meal,
- 1 cupful molasses,
- 1 egg,
- 2 teaspoonfuls soda.

Mix with water. MRS. E. G. CHADDOCK.

BOSTON STEAM BREAD

- 1 pint Graham flour,
- 1 cupful corn meal,
- 1 cupful molasses,

1 cupful sour milk,
 1 cupful sweet milk,
 1 teaspoonful soda,
 1 teaspoonful salt.
 Steam three hours.

MRS. EDWIN W. BRUNTON.

BOILED BROWN BREAD

2 cupfuls cornmeal,
 1 cupful Graham flour,
 1 cupful molasses,
 2 cupfuls sweet milk,
 1 cupful sour milk,
 1 teaspoonful soda,
 1 teaspoonful salt.

Dissolve the soda in the sour milk and stir all until a smooth batter. Put in a buttered tin boiler, cover tightly and set in a covered iron kettle to boil two and one-half hours, adding water as necessary.

MRS. EDWIN GOWER.

CORN BREAD

1 teacupful yellow corn meal,
 2 teacupfuls wheat flour,
 $\frac{1}{2}$ pint sweet milk,
 $\frac{1}{2}$ teacupful sugar,
 3 eggs,
 2 oz. butter,
 2 teaspoonfuls baking powder.

Mix the meal, flour, butter and sugar. Put the baking powder into the flour first. Drop the yolks of eggs into this. Let the milk boil and pour over it slowly. Beat whites of eggs to a stiff froth. Add to the mixture stirring very

lightly. Bake in quick oven. ELINORE STOUT.

CORN BREAD, (soft)

1 teacupful small hominy, boil until soft. Add two teacupfuls of white corn meal and butter the size of an egg. One quart boiled milk. When cool add three well beaten eggs and three teaspoonfuls of baking powder. Bake for one-half hour.

EMMA BARNETT.

CORN CAKE

2 cupfuls sour milk,
1 level teaspoonful soda,
1 teaspoonful syrup,
1½ cupfuls corn meal,
½ cupful flour,
1 egg, a little salt,
1 tablespoonful shortening.

EMMA BARNETT.

GRAHAM BREAD NO. 1

1 pint thick sour milk,
1 teaspoonful soda,
3 large cooking spoonfuls molasses,
A pinch of salt,
1 quart sifted Graham flour.

Stir until smooth. Bake in large bread pan for about forty minutes. TABITHA C. HARRIS.

GRAHAM BREAD No. 2

½ cupful sugar,
Lump of butter size of an egg,
2 cupfuls sour milk or butter milk,

2 teaspoonfuls soda,
 1 teaspoonful salt,
 2 cupfuls Graham flour,
 1 cupful wheat flour,
 Mix stiff with a spoon.

MRS. EDWIN W. BRUNTON.

RICE BREAD

Two large tablespoonfuls rice that has been thoroughly cooked,
 1 cupful sweet milk,
 2 eggs,
 A little salt,
 Butter, half the size of an egg,
 1 cupful flour,
 $\frac{1}{2}$ teaspoonful baking powder,

Beat the yolks and whites of the eggs separately and add the whites the last thing. Sour milk with one-half teaspoonful soda is just as good as sweet milk and baking powder. Pour into buttered tin to thickness of one inch and bake.

MRS. NORRIS.

SIMPLE GRAHAM BREAD

1 large cupful bread dough,
 2 cupfuls warm water,
 1 small cupful molasses,
 1 round teaspoonful soda,
 A little salt.

Mix the soda with the molasses; mix all together adding sufficient Graham flour to make a stiff batter. Put into baking pan to raise.

MRS. E. G. CHADDOCK.

SCALDED CORN CAKE

1 pint milk,
 1 cupful corn meal,
 1 teaspoonful salt,
 3 tablespoonfuls of shortening,
 3 eggs, (or four small ones,) yolks and
 whites beaten separately.

Scald the milk, (use double boiler.) Then scatter in the corn meal and salt and stir until smooth. Mix in the shortening and beat up the yolks of the eggs and stir them in. Beat up the whites of the eggs to a very stiff froth (with a little salt) and fold them into the corn meal mixture. Pour into a hot well greased pan (about one-half full) and bake in a moderately hot oven about twenty-five minutes.

EMMA BARNETT.

STEAMED BROWN BREAD

3 cupfuls Graham flour,
 1 cupful corn meal,
 1 cupful syrup or molasses,
 3 cupfuls buttermilk,
 2 level teaspoonfuls soda,
 1 teaspoonful salt.

Butter baking powder cans or any other cans, put holes in lids and fill two-thirds full. Steam three to five hours.

MRS. PRICE.

SCOTCH BREAD

8 oz. flour,
 1 pound butter,
 $\frac{1}{4}$ pound sugar,
 $\frac{1}{2}$ teaspoonful (scant) baking powder,

Put all on table and knead together, gradually working in butter and flour, kneading well and keeping the lump firm in both hands. When all is worked up into a stiff paste, cut into two pieces and make into round cakes about one-half inch thick, pinch the edges and bake in a slow oven until a nice brown. The time depends on the thickness of the cakes, from one-fourth to one-half hour. Prick all over with a fork before putting in the oven. MRS. ADAM WILSON.

EGG BREAD

3 eggs, beaten light,
 1 pint corn meal,
 ½ cupful flour,
 1 pint butter milk,
 1 pint sweet milk,
 ½ teaspoonful soda. MISS BOWLES.

BAKING POWDER BISCUIT

1 quart flour,
 3 teaspoonfuls baking powder,
 A little salt,

Sift together, work in butter size of an egg and add sweet milk enough to make a soft dough.

MRS. CHARLES WILLIAMS.

BREAKFAST PUFFS

1 cupful of sweet milk,
 1 egg,
 1 cupful flour,
 1 teaspoonful salt.

Beat together, put into iron gem pans which

have been heated and greased, and bake in a quick oven. MARY J. HALLOCK, Madison, Wis.

BATTER BREAD

Small cupful scalded meal,
 1 egg well beaten,
 $\frac{1}{2}$ teaspoonful sugar,
 A little salt,
 1 teaspoonful baking powder,
 Butter size of an egg.

Melt butter in pan and pour in the mixture.
 Bake in a hot oven. MRS. NEVINS.

CRACKER GRIDDLE CAKES

1 quart sweet milk,
 1 egg, well beaten,
 A little salt,
 1 cup flour.

Roll fresh soda crackers enough to finish the thickening. If the crackers are fresh, the cakes will be very light, if they are not, a teaspoonful of baking powder may be added. Bake on a hot griddle. MRS. NELLIE OSGOOD,

Oakland.

CREAM BISCUIT

1 quart flour,
 1 cup sour cream,
 1 cup sour milk,
 3 teaspoonfuls cream of tartar,
 2 teaspoonfuls soda,
 1 teaspoonful salt.

Mix flour, cream of tartar, soda and salt all to-

gether and sift, add the milk and cream, handle the dough as little as possible and bake in a hot oven.

MRS. FRED NELSON.

FRENCH PANCAKES

2 tablespoonfuls butter,
3 or more tablespoonfuls sugar,
3 eggs well beaten,
12 tablespoonfuls flour into which has been put two teaspoonfuls of baking powder,
1 pint of milk.

Beat butter and sugar together, adding eggs, milk and lastly, flour. Bake for about half an hour serving hot with any sort of sauce, jam or golden syrup. Lard can be substituted for butter and water for milk.

MISS CAMERON.

GEMS NO. 1

1 egg,
1 teaspoonful sugar,
1½ cupfuls sweet milk,
2 tablespoonfuls butter,
3 teaspoonfuls baking powder,
2½ cups flour.

Beat well, have your gem pan hot and buttered and bake in a quick oven.

MRS. GOWER.

GEMS NO. 2

1 egg,
1 cupful cream,
2 cupfuls sifted flour,
2 teaspoonfuls baking powder,

$\frac{1}{2}$ teaspoonful salt.

Beat the egg well in your mixing bowl, add cream, sifted flour and salt. Beat well, then add baking powder, beat a little more and bake in hot gem pans in a quick oven. MRS. MARDEN.

GRAHAM GEMS

3 cupfuls Graham flour,
 2 cupfuls sour milk,
 1 teaspoonful soda,
 1 tablespoonful sugar,
 1 teaspoonful salt,
 1 egg. F. J. ALSIP, Fresno.

MUFFINS

1 pint sour milk,
 1 teaspoonful soda,
 1 teaspoonful salt,
 1 egg,
 Flour to make a thick batter.

Drop from a spoon into hot greased gem pans and bake in a quick oven.

MRS. M. L. PARKHURST.

MUFFINS, (Rice)

2 cupfuls cold rice,
 4 cupfuls flour,
 4 teaspoonfuls baking powder,
 1 teaspoonful salt,
 1 tablespoonful sugar,
 2 $\frac{1}{2}$ cupfuls milk.

F. J. ALSIP, Fresno.

PAN CAKES

One quart sour milk; mix with flour to make a thick batter at night. In the morning add two heaping teaspoonfuls of soda and one teaspoonful of salt. Beat until very light and smooth and fry on hot griddle. MRS. M. L. PARKHURST.

PARKER HOUSE ROLLS

- 1 yeast cake,
- 1 quart fresh milk,
- 2 tablespoonfuls sugar,
- 1 teaspoonful salt,
- Butter size of an egg.

Heat butter and milk together and set away to cool. Soak yeast cake and with flour make a light sponge as for bread, adding sugar and salt. Set to rise over night in a warm place. In the morning mix the same as for bread, kneading fifteen minutes, set to rise and when light make into rolls. MRS. ROGERS, Ragan, Neb.

POCKET BOOKS

- 1 quart bread dough,
- 1 tablespoonful lard,
- 2 eggs beaten light.

Work the eggs and lard into the dough, using flour enough to keep the mixture stiff. Work well and let rise. An hour before baking roll out thin, sprinkle on a tablespoonful sugar and a very little soda. Work well again. Roll thin, brush the surface thoroughly with melted butter. Cut them larger than biscuits, fold over, put in pans and let rise again. Bake quickly.

MRS. CHARLES WILLIAMS.

POP UPS

1 cupful flour,
 $\frac{1}{2}$ cupful milk,
 $\frac{1}{2}$ cupful water,
 1 egg,
 A little salt.

Put in smoking hot gem pans and bake in a quick oven. MRS. PRICE.

POTATO PANCAKES

Take six large raw potatoes. Peel, grate and pour off what water may be collected. Stir in two large tablespoonfuls flour, one-half spoonful of lard and two well beaten eggs. Fry in hot lard.

MRS. E. LITSIUS, San Francisco.

QUEEN OF MUFFINS

$\frac{1}{4}$ cupful of shortening creamed,
 1 egg,
 $\frac{1}{4}$ cupful sugar, $\frac{1}{2}$ beaten together

Add to the creamed shortening and mix well together. Sift one and one-half cupfuls flour with two and one-half teaspoonfuls of baking powder. Add one-half teaspoonful of salt. Mix this with the egg mixture alternately with one-half cupful of milk. Beat smooth. Bake about fifteen or twenty minutes. EMMA BARNETT.

RUSK

1 pint of dough,
 1 cupful sugar,
 1 cupful sweet milk,
 2 eggs.

Mix and let rise, then mould into cakes the size of an egg and place very near together on a tin. When risen again, bake in a hot oven about fifteen minutes. MRS. M. L. PARKHURST.

SALLY LUNN

1 teacupful sugar,
1 teacupful butter,
1 teacupful yeast,
1 pint milk,
5 eggs.

Make a thick batter and let it rise, then put on tins like biscuit and let it rise again about twenty minutes, then bake.

MRS. M. L. PARKHURST.

SHEARING BUNS

(A Nantucket Recipe.)

Boil one pint of milk, remove from the fire and put into it four ounces of butter. When cooled to blood warm, add two-thirds of a cupful of yeast, a little salt and flour to make a thick batter. Set this to rise over night. In the morning work in two beaten eggs, a cupful of sugar, a handful of currants and flour to make it stiff enough to mould. Set it to rise again and when well risen, make into cakes with your hands. Lay close together in a pan and let them rise until very light. Bake to a light brown. Take from the oven and while still hot brush over the tops with a little sugar and milk. Seeded raisins may be used instead of currants. MRS. TURNER.

SPOON BISCUIT

2 cupfuls flour,
 1 large tablespoonful of lard,
 1 teaspoonful salt,
 2 heaping teaspoonfuls baking powder,
 Water enough to make a batter soft enough
 to drop from spoon.

Drop into well greased gem pans and bake in
 a hot oven. Do not use hands in mixing.

MRS. CHARLES NELSON.

SOUTHERN CORN MUFFINS

$\frac{1}{2}$ cupful corn meal,
 $\frac{1}{2}$ cupful boiled rice,
 $\frac{1}{2}$ cupful flour,
 $\frac{1}{2}$ teaspoonful salt,
 $\frac{1}{4}$ cupful sugar,
 3 teaspoonfuls baking powder,
 $\frac{2}{3}$ cupful scalded sweet milk,
 1 egg,
 1 tablespoonful melted butter.

Scald the milk and pour it on the corn meal.
 Then add the rice and flour (sifted with baking
 powder and salt twice) the sugar and the yolks
 of the eggs beaten until light. Beat the batter
 until smooth and add the melted butter. Beat
 the white of egg very stiff and fold in the last
 thing. Pour into hot well greased gem pans
 about one-half full or in one large pan.

EMMA BARNETT.

WHOLE WHEAT MUFFINS

$\frac{1}{2}$ cake compressed yeast,
 $\frac{1}{2}$ pint milk,

3 cupfuls whole wheat flour,
2 eggs.

Dissolve the yeast in the one-half pint of milk and add a sufficient quantity of rich milk to make a pint. Stir into it the three cupfuls of flour and set in a warm place to rise. When light as foam stir in the two eggs well beaten and turn into gem irons or muffin rings, filling them only half full. Let them rise until very light and bake in a quick oven.

MRS. AMOS HARRIS.

WAFFLES

1 pint sour milk,
1 quart flour,
4 tablespoonfuls melted butter,
2 eggs.

Mix the flour and sour milk and butter together about noon, if wanted for tea. At tea time add a teaspoonful of soda, then the two eggs beaten very light and a little salt. Cook quickly in well greased hot waffle irons.

MRS. M. L. PARKHURST.

WAFFLES (Rice)

$\frac{1}{2}$ pint rice,
 $\frac{1}{4}$ pound butter,
A little salt,
 $1\frac{1}{2}$ pints flour,
5 eggs,
1 quart milk.

Boil the rice and let it get cold. Mix with it the butter and salt and stir in the flour. Beat the eggs, whites and yolks separately, add the yolks together with the milk, lastly the well beaten whites and bake at once in waffle irons.

MRS. GOWER.

Soup.

MRS. J. P. DUFF.

"The onion is a homely plant,
As rank as most that grows,
And yet it beats, to mix with soup,
The lily or the rose."

While the making of a soup is a simple enough process and seemingly requires little of either art or experience, the soups we often meet in public places teach us that not all soups are either desirable or palatable and to make a palatable, nutritious and healthful soup with the proper commingling of flavors, requires some experience and no little study.

The best base is always lean uncooked meat—fresh is the best—a pound of meat to a quart of water, is a good rule. For white soups veal or fowl must be used.

STOCK

Take four pounds of lean meat, the inferior parts are just as good, or a cracked shin bone. After washing, place in a kettle with four quarts of cold water. Let it cook slowly at first and skim carefully just before it boils. Add salt and simmer gently for five or six hours closely covered, then set away to cool. The next day remove the fat which has hardened on top (save it for drippings) and after straining you will have a good rich stock from which a great variety of different kinds of soup may be made according to

the different flavors and seasonings you may choose to use. If soup is required daily, a soup stock kettle is an indispensable article and indeed every thrifty and economical house-wife will have her soup kettle at hand, for into this kettle may be put the remains of yesterday's roast, the trimmings and undesirable ends of the beef steaks and the bones. We do not advise using pieces of pork or mutton, beef alone is better — of course adding water again as new material goes in. Quite often too, it will be necessary to empty the kettle, wash clean and begin again.

A plain, simple soup may have only pepper and salt for seasoning, while a very rich soup may have a dozen different savors so delicately blended that no one is noticeable and herein lies the art. Thyme, summersavory, mint, sweet marjoram, parsley, celery, cloves and tarragon are a few of the delectable savors much sought after by the experienced cook. Rice, sago, vermicelli and macaroni are all valuable in making the desired variety of soups. When either of the is used, it is advisable to partially cook it before putting into the soup as the stock you use is already cooked and requires only to be heated and then added in proper quantities to the other ingredients.

AMBER SOUP

1 gallon water,
A large soup bone,
A chicken,
A small slice of ham,
An onion,
 $\frac{1}{2}$ small carrot,
 $\frac{1}{2}$ a parsnip,

A piece of celery,
 3 cloves,
 Salt and pepper,
 Two eggs, the whites and shells only,
 A little caramel for coloring.

Boil the meats slowly for five hours. Add the vegetables and cloves the last hour—having first fried the onion in a little fat. Strain the soup into an earthen dish and let remain over night. Next day remove fat from top, take out the jelly, scrape off any settlings that may be on the bottom and mix into it the beaten whites and shells of the eggs. Boil quickly for a half minute, then press through a jelly bag. When ready to serve add a large tablespoonful of caramel.

MRS. M. S. CHAPMAN.

ASPARAGUS SOUP

Cut fine enough tender asparagus to make a pint; cover with water, add a little salt and cook until very tender. When done, add one tablespoonful of flour and two of butter creamed together and when it has boiled up once, add one quart of rich hot milk. Season to taste and serve hot.

MRS. TURNER.

BEAN SOUP

Boil a pint of beans in two quarts of water until they are very tender—three or four hours. Strain through a colander, add a pint of milk (cream is better) salt and pepper to taste and set on stove again until hot, then serve.

MRS. M. L. PARKHURST.

CREAM OF CELERY SOUP

1 pint milk,
1 tablespoonful butter,
Large slice of onion,
1 tablespoonful flour,
Small piece of mace.

Boil the celery in one pint of water from thirty to forty-five minutes. Boil the milk, onion and mace together and thicken with the flour. Mash the celery in the water it is boiled in. Bring the whole to a boil, strain and serve.

MRS. DUFF.

CHICKEN SOUP

Take an old chicken or you may use the remains of a roast chicken. Put all in a kettle, cover with three quarts of water and boil. To this you may add two spoonfuls of rice. When the chicken is well done, skim out the bones and meat, add salt and pepper, just a taste of nutmeg and one-half cupful of cream. CORNELIA.

CLAM SOUP

Take a can of good clams, turn off the liquor and boil, adding a tablespoonful each of butter and flour rubbed together until smooth. Stir until it boils, then add the chopped clams. Season with a little salt and pepper, a little lemon juice and a taste of nutmeg. Boil over a slow fire one hour. When ready to serve, add a cupful of hot cream.

M. L. P.

DRIED PEA SOUP

One-half pound of peas in three quarts of water. Boil six hours with a moderate fire, being careful not to scorch. Twenty minutes before serving, add salt and pepper to taste and one pound of Frankfurter sausages.

MRS. ASBURY.

EGG SOUP

4 eggs,
2 quarts of stock,
1 tablespoonful flour.

Beat up the flour in a teaspoonful of stock or water. Have the stock boiling and throw in the eggs, stirring constantly. Simmer for fifteen minutes, then serve.

MRS. CHAMBERS.

FISH SOUP

Fish stock when properly seasoned is excellent. To make it, put into a kettle a tablespoonful of butter or drippings, a tablespoonful of chopped onion, carrot and turnip. Fry, but do not brown, then add the head of a fish and the bones and trimmings, some pieces of celery stalk, a little thyme and parsley and a slice of onion. Cover with water and simmer about one hour, longer will do no harm. Rub together a tablespoonful each of flour and butter and add a cupful of milk or cream. This will be sufficient for one pint of fish stock. If you have a larger amount, double the cream and flour which furnish the body of the soup.

MRS. DUFF.

MOCK BISQUE SOUP

1 can tomatoes,

3 pints of milk.

Put the tomatoes on to stew. When hot, strain through a sieve. Put back on the stove and add a pinch of soda. When through foaming, add the milk, salt and pepper to taste. When at the boiling point, add one tablespoonful of flour mixed with one tablespoonful of butter. Boil up once and serve.

HELEN L. WATERMAN.

MILK TOMATO SOUP

Place two quarts of milk in a double boiler and bring to a boil. Boil one pint of tomatoes in a stew pan. Add half a teaspoonful of soda and after a minute take off and strain. Pour juice into the boiling milk and add pepper, salt, and butter the size of a walnut.

MRS. L. DAHLGREN.

NOODLE SOUP

Use chicken, beef or veal. Cook meat as for any other soup. Season with pepper and salt. Five minutes before serving add the noodles made as follows:

Add to three well beaten eggs flour enough to make a stiff dough. Roll out very thin in two or three cakes. When dry, roll up very tight and slice very fine. Shake them apart and boil in the soup five minutes.

MRS. MANLEY.

OKRA SOUP

2 quarts of soup stock,
1 dozen okra,
1 small potato,
1 small squash.

1 pod of green peppers.

Slice the vegetables and add to the stock. Boil twenty to thirty minutes.

MRS. JORDAN YOUNG.

ONION SOUP

5 or 6 medium sized onions,

1 tablespoonful of butter,

1 lump of sugar,

1 teaspoonful of flour,

Salt,

2 quarts of boiling water.

Chop the onions and put into a sauce-pan with the butter, sugar and a little salt. Turn about until a light brown; sprinkle over a teaspoonful of flour. Two minutes after pour over the boiling water. Move to the side of the fire and cook fifteen minutes. Toast some bread sprinkled with grated Swiss or Parmesan cheese and lay in the tureen, pouring the soup over it.

MRS. M. M. COLLINS.

PHILADELPHIA PEPPER POT

Put two pounds of tripe and four calves feet into the soup pot and cover with cold water. Add a red pepper and boil covered closely until the calves feet are very tender. Take out the meat, skim the liquid, stir it, cut the tripe into small pieces and put it back into the liquid. If there is not enough liquid, add boiling water and half a teaspoonful of sweet marjoram, sweet basil and thyme, two sliced onions, sliced potatoes and salt. When the vegetables have boiled until almost tender, add a piece of butter rolled in flour,

drop in some egg balls and boil fifteen minutes more, then take out and serve.

MRS. T. WILLIAMS.

PUREE OF PEAS

1 pint fresh green peas,

1 pint water.

Boil twenty minutes, press through a sieve, add a quart of stock, season with salt, pepper and a touch of thyme, add a cupful of cream. When quite hot serve.

M. L. P.

RAISIN PORRIDGE

Drop into two quarts of boiling water a pint of carefully washed raisins. Let boil two hours. Skim out the raisins and rub through a colander to remove seeds. Put back into the pot, add a pinch of salt and a tablespoonful of whole wheat flour braided with cold water. Let it boil five minutes, then stir in a pint of milk and set in a basin of hot water to prevent burning. Cover closely and leave where it will keep hot until ready to use.

MRS. AMOS HARRIS.

TOMATO SOUP

1 quart of tomatoes,

1 pint of stock, (water will do),

1 quart of milk or cream,

1 teaspoonful of soda.

Boil tomatoes until well done, then strain through a sieve. Put on stove and add soda and the other ingredients - cream last. Before it boils

remove from the fire and serve immediately.

LULA M. DUFF.

VEGETABLE SOUP

- 1/8 of a small cabbage,
- 1 carrot,
- 1 potato,
- 1 small onion,
- 1 apple,
- 1 turnip,
- 2 stalks of tender celery,
- 1 tomato,
- 1 green pepper.

Chop the vegetables fine and add three pints of water and one cup of ground walnuts. Boil two or three hours, season with salt and pepper and serve hot.

MRS. TURNER.

WHITE ALMOND SOUP

- A shank of veal,
- 1 carrot,
- 1 good sized onion,
- A piece of celery,
- 2 cloves.

Place the veal in five quarts of water and boil down to four quarts. Add the other ingredients and boil one half hour. Take out of kettle and set away until next day. When you wish to serve, add two ounces of chopped almonds and a pint of cream. Heat to boiling point.

MRS. C. L. ATWOOD.

WHITE POTATO SOUP

Into a cupful of mashed potatoes work a pint of

hot milk and a tablespoonful of butter. Cook together a tablespoonful each of butter and flour and pour upon them a pint of rich milk. When thick and smooth, pour this into the potato puree; stir until scalding hot, season with pepper and pour gradually upon a beaten egg. Serve at once.

MRS. TURNER.

EGG BALLS FOR PHILADELPHIA PEPPER POT

Take the yolks of six hard boiled eggs and half a tablespoonful of flour. Rub them smooth with the yolks of two raw eggs and a teaspoonful of salt; mix all well together; make it into balls and drop them in the boiling soup a few minutes before taking it up. MRS. TOM WILLIAMS.

CREAM OF SPINACH SOUP

Take the water in which you have boiled a leg of mutton. After all the fat has been removed and about an hour before dinner time, put in a sliced onion, a bay leaf and an ounce of bacon and put over the fire to simmer gently for half an hour; then add a quart of spinach that has been mashed and drained. Let this boil rapidly for ten minutes. Do not cover or the spinach will lose its color. Then press through a fine sieve and return to the kettle. Add a pint of cream and salt and pepper to taste. Moisten two tablespoonfuls of arrow root in a little cold water; stir it into the boiling soup and it is ready to serve. This will make a delicious soup of a delicate green color.

M. L. P.

Fish.

MISS EMMA BARNETT.

"Master, I marvel how the fishes live in the sea,"
"Why as men do a land, the great ones eat up the little ones."
PERICLES.

Excepting salmon, fish is much more easily digested than meats but not so nutritious. Fish to be good, must be fresh, the fresher the better. A fresh fish will have bright eyes and shiny scales and when in season will boil white and curdy; but when out of season, the muscles will look transparent and bluish although thoroughly cooked.

Do not use too much water when cleaning fish, only what water is really necessary, then drain, wipe dry and place on ice until ready to cook. Sprinkle fresh-water fish with salt and let stand several hours or over night, then rinse, dry thoroughly and cook. Never soak fresh-water fish except when they are frozen; then place them in ice water to thaw and cook immediately. Salt fish may be soaked over night in cold water. Always place it skin side up so that the salt may go down to the bottom of the pan.

In boiling fish, allow from five to ten minutes to the pound after putting into the boiling water. To test, pass a knife along the bone and if done, the fish will separate easily. When boiling fish, always add a little salt and vinegar to the water and fish will be more nutritious. Plunge fish into boiling water, then set where it will simmer

gently until done. Put salmon into tepid water to retain its color.

Fish should always be well done and should be served very hot. Serve fresh fish with squash and green peas; salt fish with beets and carrots; salt pork, potatoes and parsnips with either. Garnishes for fish are parsley, sliced beets, fried smelts and lobster coral.

BOILED HALIBUT

- 3 pounds of fish,
- 1 onion,
- 1 carrot,
- 1 tablespoonful of salt,
- 2 tablespoonfuls of vinegar.

Put fish into a sauce-pan and cover it with fresh water; add the other ingredients, having the onion and carrot sliced. Cover the pan and cook about five minutes after the water begins to boil. Remove the fish, drain well and serve with drawn butter-sauce. EMMA BARNETT.

HALIBUT STEAKS, BAKED

Lay some thick halibut steaks into a baking pan and cover with a dressing made of one cupful of crumbs, one tablespoonful of butter, a teaspoonful of onion juice and a teaspoonful of minced parsley with a bit of salt, pepper and cayenne. Make layer of dressing about an inch thick and cover with another steak; pour a tablespoonful of vinegar over it and sprinkle with salt, pepper and bread crumbs. Then cover with bits of butter and bake until well done.

EMMA BARNETT.

BAKED FISH, NO. 1

Split the fish down the back-bone and lay in a dripping pan; sprinkle with salt and pepper and bits of butter and pour over it sweet milk until it nearly covers the fish. Bake three-quarters of an hour, basting two or three times.

MRS. AMOS HARRIS.

BAKED FISH, NO. 2

Take the halibut or salmon left from yesterday's dinner. Put a layer of this shredded fish in a baking pan and cover with a white sauce made by boiling together one pint of milk and one quarter pound of flour. When cool, add two eggs and one-half cup of butter. Cover fish with this dressing, putting more bread crumbs on top and bake one-half hour.

FISH TURBOT

Four pounds albicore or barracuda, boiled or baked; remove the bones. Cook in a double boiler one quart of milk, three slices of onion, a little sage and salt; thicken it with four heaping table-spoonfuls of flour when it is near boiling and add two heaping teaspoonfuls of butter and two eggs well beaten. Put in an earthen baking dish a layer of fish and then a layer of filling. Dust with cracker crumbs and lumps of butter. Bake half an hour.

MRS. AMOS HARRIS.

SALMON, BAKED

2 slices of salmon,
 $\frac{1}{4}$ pound of butter.

½ teaspoonful of chopped parsley,
Salt and pepper to taste.

Lay the salmon in a baking dish, place pieces of butter over it and the other ingredients, rubbing a little of the seasoning into the fish. Place in the oven and baste it frequently. When done, take it out and drain for a minute or two, lay it in a dish, pour tomato sauce over it and serve.

MRS. W. E. MARDEN.

FRESH SALMON, BAKED

Place in a baking pan two or three thin slices of bacon, so arranged that the fish may not touch the pan. Place the fish on these pieces of bacon; sprinkle with salt, pepper and a little flour. If about three pounds of fish is used, one-half hour will bake it in a well heated oven. Choose a tail piece if you have a choice.

M. L. PARKHURST.

SCALLOPED SALMON

Take cold boiled salmon or one can of canned salmon; pick out all pieces of skin and bone. Arrange nicely in a small pan and strew a few bread or cracker crumbs over the top. Cover with a good drawn butter sauce and bake until a nice brown on top.

HELEN L. WATERMAN.

SALMON CREAMS

Use one can of salmon or purchase one pound of fresh salmon. Remove bones and skin and then rub and pound the fish to a smooth paste. Add twelve almonds chopped fine, one teaspoonful of onion juice, one teaspoonful of salt, and half a tea-

spoonful of white pepper. Mix and add gradually the unbeaten whites of three eggs. Then carefully stir in a half pint of cream whipped to a stiff froth. Fill into timbale moulds; stand these in a baking pan of boiling water and cook in a moderately oven for twenty minutes. Turn on a heated platter and serve with sauce Hollandaise, which may be made by rubbing together two tablespoonfuls of flour and two of butter. Add gradually one pint of boiling water and stir a moment over the fire. Take from the fire and add carefully another tablespoonful of butter, the yolks of four eggs and two tablespoonfuls of tarragon vinegar. Strain and add a tablespoonful of chopped parsley. MRS. AMOS HARRIS.

CREAM SALMON, NO. 1

1 can salmon,
 2 eggs,
 2 tablespoonfuls cream,
 Seasoning to taste.

Drain salmon, separate with fork removing all bone and skin; add the eggs beaten light; cream and seasoning. Mix well and put in greased baking dish and bake twenty minutes in moderately quick oven. Serve with potato balls and cream sauce made as follows: one tablespoonful each of butter and flour and one cupful of cream (milk will do). Melt the butter, rub in flour until smooth and add the cup of cream.

MRS. MANLEY.

CREAM SALMON, NO. 2

Take the contents of a pint can of salmon. Remove all bits of skin and bone, drain off the fluid

and mince fine. For sauce, boil one pint of sweet milk, thicken with two tablespoonfuls of corn starch and add two tablespoonfuls of butter, pepper and salt to taste. Prepare a pint of bread crumbs, put a thin layer of crumbs in a pudding dish; then a layer of fish, then one of sauce and so on ending with crumbs. Bake a nice brown.

MRS. M. E. HOFFMAN.

SALMON LOAF

1 can salmon,
4 eggs,
 $\frac{1}{2}$ cup grated bread crumbs,
4 tablespoonfuls melted butter,
 $\frac{1}{2}$ teaspoonful pepper.

Drain off the oil, remove skin and bones and chop fine. Add to this the yolks of the eggs well beaten, and the other ingredients, adding a little chopped parsley. Lastly add the whites well beaten. Bake in a buttered dish one-half hour.

DRESSING.—Take the juice of the salmon and one tablespoonful flour. Cook until thick. Add one well beaten egg. Pour over the loaf.

SALMON CROQUETTES

1 can salmon,
Juice of one lemon,
2 eggs,
Salt and cayenne pepper,
Worcestershire sauce to taste.

Make into croquettes, using a little flour, and fry in hot lard.

SALMON OMELETTE

3 eggs,

3 tablespoonfuls milk,
3 tablespoonfuls salmon.

Beat the yolks of eggs. Add the milk and the minced salmon. Cut into this the well beaten whites of the eggs. Cook until brown, double and serve. Be sure to have plenty of butter in your pan so that you may remove without breaking.

PICKLED FISH

Take fish, speckled pike is good, and cut up in thick slices. Put over fire to boil in salted water with a little dill to give it flavor. Boil until tender. Remove from fire and let stand in the liquor until ready for use. Take out and serve with vinegar.

MRS. A. J. POST.

FISH CHOWDER

Any kind of fish may be used, but a white meat-ed fish is best. Cut fish into small pieces. Fry some salt pork brown and place in the bottom of a kettle, then a layer of thinly sliced onions, then a layer of fish. Sprinkle with salt and pepper, then a layer of peeled sliced potatoes, then fish, and so on until all is used. Cover with water, boil one-half hour; then add small crackers and lastly a pint of milk may be added—but it is very good without the milk. When crackers are heated through, serve at once.

M. L. P.

DROPPED FISH BALLS

1 pint bowlful raw fish,
2 heaping bowlfuls pared potatoes,
2 eggs,

Butter the size of an egg.

Pick the fish fine and measure it lightly in the bowl. Put the potatoes into a boiler and then the fish on top. Cover with boiling water and boil one-half hour. Drain off the water and mash fish and potatoes together until fine and light; then butter, pepper and the well beaten eggs. Have ready a deep kettle of boiling fat. Dip a large spoonful of the mixture, keeping it in as good shape as possible, and drop into the boiling fat. Cook until brown or two minutes. The spoon should go down in the fat every time.

ST. CLOUD.

FISH PATTIES

Some cold fish,
Some oysters,
A little butter,
Shrimp sauce,
Seasoning.

Flake the fish and pound it, adding the seasoning, sauce and oysters. Line some patty pans with good puff paste, fill with raw rice and bake. Heat all the fish and other ingredients, empty out the rice, fill the patties, scatter brown crumbs lightly over, garnish with sprigs of parsley and serve hot.

MRS. AMOS HARRIS.

OYSTER FRITTERS

Select plump, good sized oysters, drain off juice and to a cup of this juice add a cup of milk, a little salt, four well beaten eggs and flour to make batter like griddle cakes. Envelop an oyster in a spoonful of this batter, then fry brown on both sides. Serve very hot.

MRS. FLORENCE A. C. DUFF.

OYSTER PATTIES

Line the bottom and sides of patty pans with rich paste. Put a cover of paste over and pinch the edges together. Bake in a quick oven about fifteen minutes or until done. Take as many oysters as you have patties, stew them in their own liquor, cut in pieces, thicken with teaspoonful flour and tablespoonful butter (to a dozen) and grating from lemon peel. Season lightly with salt, a pinch of mace, cayenne and two tablespoonfuls of cream. Mix well, open patties and put tablespoonful of mixture in each. Serve hot.

F. J. ALSIP, Fresno.

OYSTER CHOWDER, NO. 1

1 quart of oysters,
1-inch cube of salt pork,
1 teaspoonful finely minced onion,
2 fair sized potatoes,
1 tablespoonful butter,
1 tablespoonful flour,
1 cupful of new milk,
12 oyster crackers,
Salt and pepper to taste.

MRS. AMOS HARRIS.

OYSTER CHOWDER, NO. 2

Fry together two ounces of salt pork and one onion sliced. Parboil one pint of sliced potatoes five minutes and drain. Pour one-half cupful water over one pint of oysters and heat to the boiling point; skim out the oysters and pour the liquor over the potatoes, add the pork and onions, and cook until tender, adding more water if necess-

ary. Add the oysters, one pint of milk and one-half cupful of fine bread crumbs. Season to taste with pepper and salt. MRS. J. E. TURNER.

SCALLOPED OYSTERS

Drain the liquor from a quart of oysters and boil and strain it. Carefully remove all bits of shell from the oysters, wash and drain them. Have ready some fine cracker crumbs. Butter a shallow baking dish. Put in a layer of oysters, over this spread a layer of crumbs, season with salt and pepper and dot plentifully with bits of butter. Add another layer of oysters and crumbs and alternate the layers until the dish is full, the crumbs well dotted with bits of butter on top. Beat an egg until light, stir in the strained oyster liquor and enough new milk to moisten all and pour over it. Bake in a hot oven twenty minutes or until well browned. MRS. AMOS HARRIS.

FRIED OYSTERS

Oysters,
Beaten egg,
Cracker crumbs.

Have eggs well beaten in small bowl and cracker crumbs in pan ready to use. Remove oysters from liquid with fork and dip into the egg. Then drop them into the cracker crumbs and shake pan until the oysters are well covered with crumbs. Take out of the cracker crumbs and dip again into the egg and then put them back into the cracker crumbs as before. Then drop them one at a time into very hot fat and let brown on one side keeping pan uncovered. When brown, turn plate over the oysters and invert the pan letting oysters

remain on plate. Then let them slide from the plate back into the hot fat and brown the other side. Don't try to separate them until well browned as that tears them to pieces.

MRS. E. W. BRUNTON.

SMOTHERED OYSTERS

1 pint of oysters,

Butter, pepper and salt.

Put one tablespoonful of butter into a sauce pan with a pinch of salt and a dash of pepper. When hot, add the oysters carefully drained. Cover closely and shake the pan to keep the oysters from sticking. Cook three or four minutes and serve on toast. EMMA BARNETT.

DEVILED CRAB

1 crab picked into small pieces,

4 crackers, rolled,

Salt, pepper and butter.

Mix thoroughly and bake ten minutes. Serve with lemon. MRS. MINNIE COLLINS.

CRAB STEW

2 crabs,

$\frac{1}{2}$ pint of cream,

$\frac{1}{2}$ pint of milk,

Butter size of an egg,

1 heaping tablespoonful of flour,

Salt, red and black pepper.

Take milk, flour, salt and pepper, with one teacupful of water. Cook as for drawn butter, boil five minutes, add crab and cream. Let all simmer ten minutes.

MRS. W. P. S.

SARDINES

5 eggs,
 A small box of sardines,
 1 tablespoonful butter,
 $\frac{1}{2}$ lemon juice,
 Salt and cayenne to taste.

Bone the sardines and flake them with a fork. Melt the butter, lay in the sardines until they are hot, then add the beaten eggs and when they are set, stir in the lemon juice, salt and pepper. This receipt is good for salmon also.

TOMATO SAUCE

Take a quart of ripe tomatoes, put over the fire in a stew pan and slice into it one lemon and a little pepper and salt. Simmer twenty minutes then strain through a sieve. Melt in another pan a lump of butter and as it melts, stir in a tablespoonful of flour. When brown, add the tomatoes and it is ready for the table.

MRS. W. E. MARDEN.

OYSTER SAUCE

Scald in their own juice or liquor a solid cupful of oysters well washed and drained and let them cook until their edges curl. Melt a tablespoonful butter, add tablespoonful flour stir, until well blended; then pour in gradually the strained oyster liquor and sufficient boiling milk to make a thick sauce. Boil up well, season with salt and pepper, add a teaspoonful of butter and serve at once.

MRS. AMOS HARRIS.

EGG SAUCE

2 tablespoonfuls butter,

2 cupfuls of milk,
 2 tablespoonfuls flour,
 3 hard boiled eggs,
 Seasoning.

Put milk in double boiler. Rub butter and flour together, then stir into boiling milk and season to taste. Slice the hard boiled eggs and drop into sauce just before serving. M. L. P.

TARTARE SAUCE (for fish)

Yolk of one egg, about a teacupful of oil added slowly and well mixed, juice of half a lemon, three small pickles chopped fine, six capers.

Laura Luce.

HOLLANDAISE SAUCE (for fish)

Rub one-half cupful butter to a cream. Add yolks of two eggs, beat well; juice of one-half a lemon, salt and cayenne. When ready to serve, add one-half cup of boiling water. Place the bowl in a pan of boiling water and cook until thick as custard.

Laura Luce.

CREAMED SHRIMPS

One can shrimps. The little black line that runs down the back should be removed. Cook the shrimps in a tablespoonful of butter three minutes with one-half teaspoonful of salt, a little cayenne and a teaspoonful of lemon juice. Remove shrimp keeping them warm. Into this sauce-pan put one-half tablespoonful flour, one-half cupful cream and the yolks of two eggs. Add the shrimps and flavor with lemon. Serve on toast.

M. L. P.

Poultry and Game.

MRS. A. C. PALMER

"If the partridge had the woodcock's thigh,
It would be the best bird that ever did fly." Lucullus

"A bird in the dish is worth a hundred in the air."
Lucullus.

When selecting fowls for cooking, always if possible, secure young ones. Select a young hen turkey of about ten pounds. Never cook chicken over two years old. Turkeys are greatly improved by steaming an hour before roasting; a little vinegar added to the fowl when boiling makes it more tender. When dressing turkey or chicken, wash thoroughly, wipe them dry, then rub well with salt, putting some on the inside also. The garnishes for chicken or turkey are slices of orange or lemon, apple sauce, parsley, thin slices of ham or bacon and fried oysters.

BONED CHICKEN

Boil a chicken in as little water as possible until meat will fall from the bones; remove all skin, chop together light and dark parts, season with pepper and salt. Boil down liquid in which the chicken was boiled, then pour it on meat. Place in tin, wrap tightly in cloth and press with heavy weight several hours. When served, cut in thin slices.

GAME

The coarser kinds of game such as geese, and

ducks may lie in salt water for several hours, or be parboiled in it with an onion in each to absorb the rank flavor, and afterward thoroughly rinsed in clear water before cooking. Some lay slices of onion over game while cooking and remove before serving. Squirrels should be carefully skinned and laid in salt water a short time before cooking; if old, parboiled. They are delicious broiled, and excellent cooked in any way with thin slices of bacon. Venison is considered a good "savory dish." The haunch, neck, shoulder and saddle should be roasted; roast or broil the breast and fry or broil the steaks with slices of salt pork. Venison requires more time for cooking than beef steak. The hams are excellent pickled, smoked or dried, but they will not keep as long as other smoked meats. The garnishes for game are currant jelly, sliced oranges and apple sauce.

CREAM OF CHICKEN

- 1 chicken of about four pounds,
- 4 sweet-breads,
- 1 can mushrooms.

Boil chicken until tender. Blanch sweet-breads and boil until tender. Mix four tablespoonfuls of butter and five tablespoonfuls of flour. Scald one quart of cream, put in butter and flour and cook until it thickens. Season with salt and red or black pepper. Cut chicken and sweet breads into small pieces, add mushrooms. Turn mixture of cream over all, adding a little of the broth the chicken was cooked in. Bake in buttered dish one-half hour, put bread and cracker crumbs on top with bits of butter scattered over to make a nice brown.

MRS. KLEEBURGER.

CHICKEN ITALIAN

Boil chicken and pick up fine. In a hot frying pan put two tablespoonfuls of butter, two of Gower's olive oil and three to five small pieces of garlic and fry until garlic is brown, then add one-half bay leaf, a little thyme, one-half can tomatoes and one can of mushrooms cut into small pieces. Boil for one-half hour, add chicken and boil. Take a baking dish and make alternate layers of cooked spaghetti and then the chicken mixture and grated cheese. Bake one hour. This may all be prepared in the morning and made ready to bake before dinner.

MRS. MINNIE COLLINS.

ROAST CHICKEN WITH GREEN PEAS

Stuff chicken with young green peas seasoned with butter, salt and pepper. Roast brown.

MRS. MINNIE COLLINS.

CHICKEN PIE WITH OYSTERS

Prepare as for any chicken pie, using a rich paste, adding raw oysters to each layer of chicken. Pour over all the chicken gravy or broth, dredge with flour, dot liberally with butter, add a little of the strained oyster liquor, cover and bake one hour. For a plain pie, use a nice biscuit dough

MRS. C. H. WILLIAMS.

CHICKEN STEW

Take a young chicken, cut in even slices, fry brown in two tablespoonfuls of Gower's olive oil.

Put in six large tomatoes or a can of tomatoes in a sauce-pan with some parsley, thyme, an onion stuck with cloves and a tiny piece of garlic, plenty of white pepper and salt. Cook the chicken one and one-half hours in this, then ten minutes before serving throw in a can of sweet corn and serve with new potatoes nicely browned.

MRS. AMY FALLA.

CHICKEN WITH ASPARAGUS

Cut a fowl in joints and stew; when half cooked, season. Cook a bunch of asparagus in the broth and when done, lay it on slices of toast. After the chickens simmer ten minutes, stir in beaten yolks of two eggs with a cupful of cream. Add seasoning if needed and a tablespoonful of lemon juice. Pour chicken and gravy over the asparagus and serve.

MRS. KATE MARDEN.

CHICKEN PIE, NO. 1

Take a pair of fat hens, prepare and disjoint them. Put in a stew pan and season highly with salt and pepper, dredge in a little flour and cover well with cold water; stew over a slow fire three quarters of an hour. Line the sides of a deep baking dish with a nice rich crust. Lay the chicken in the dish removing the largest bones. Pour in half the gravy, dredge lightly with flour and add a few bits of butter. Roll out the upper crust and cover carefully, being sure to leave an opening in the top. Bake in a quick oven one hour. Before sending to the table pour in the remainder of the gravy.

MRS. C. H. WILLIAMS.

CHICKEN PIE, NO. 2

One chicken of four or five pounds. Clean and cut in pieces as for serving. Put in a stew-pan with three pints of water and one tablespoonful of salt. When it comes to a boil, skim. Stew the chicken until very tender, adding more hot water as it boils away. When well done, add two tablespoonfuls of butter and two of flour to the gravy. Then add one small can of oysters. For the pastry use one pint of sweet milk, two tablespoonfuls of butter, one large teaspoonful of baking powder, one teaspoonful of salt and just flour enough to roll. Roll one-fourth of an inch thick and line a deep pan with this pastry, fill with the stewed chicken and gravy and cover with pastry one-fourth of an inch thick. Bake one-half hour.

EDNA M. CHANDLER.

CHICKEN POTPIE, NO. 1

Cut up the chicken as for chicken pie, put in a kettle and cover with water. Add a little salt and boil until well done. Have ready a light biscuit dough; cut in squares, lay it on top of the chicken, cover tightly and boil thirty minutes without lifting the cover or allowing the boiling to cease. Lay the chicken in a deep dish, removing the largest bones. Cover with the crust, season and thicken the gravy and pour over it.

MRS. JOHN MINTO.

CHICKEN POTPIE, NO. 2

Two large chickens jointed and boiled in two quarts of water; add a few slices of salt pork and season. When nearly cooked, add crust made of

one quart of flour, four teaspoonfuls baking powder and one saltspoon of salt. Stir in stiff batter with water. Drop into kettle while boiling; cover closely and cook twenty-five minutes.

MRS. A. C. PALMER.

FRICASSEED CHICKEN

Clean, wash and joint the fowls and lay in cold salt water for one hour. Put in pot with one-half pound salt pork cut in strips and cold water enough to cover them. Cover closely and heat slowly to a gentle boil. When fowls are full size and fairly tender, stew one hour or more after they begin to boil. When done, add half a chopped onion, parsley and pepper and cover again for ten minutes. Stir up two tablespoonfuls flour in cold water, then put into a cup of hot milk and this in turn into two beaten eggs, then put in one large spoonful butter and pour all into the saucepan. Mix well, boil fairly, place chickens on your dish and pour the gravy over them and serve.

MRS. A. C. PALMER.

FRIED SPRING CHICKEN

Clean and joint, then soak in salt water for two hours. Put in the frying pan equal parts of lard and butter, enough in all to cover the chicken. Roll each piece in flour, dip in beaten egg, then roll in cracker crumbs and drop into the boiling fat. Fry until brown on both sides. Serve on flat platter garnished with sprigs of parsley. Pour most of fat from frying pan, thicken the remainder with browned flour, add to it a cup of boiling water or milk. Serve in gravy boat.

MRS. A. C. PALMER.

JELLIED CHICKEN

Boil a chicken the day before it is to be used. When liquor is cold, skim from it every bit of fat. Soak one-half box of gelatine in a cup of cold water, (if Cox, two hours, if Knox, ten minutes). Remove all skin from the chicken and cut the meat into dice. Cut two dozen canned mushrooms into halves and stone twelve large olives. Bring to a boil and strain a pint of the chicken liquor, stir into the soaked gelatine and set aside to cool. As it begins to thicken, prepare your chicken loaf as follows. In a buttered mould lay a stratum of the chicken, sprinkle with pepper and salt, a few of the stoned olives and mushrooms. Then pour on some of the thickening jelly. Alternate until the mould is full. Set in a cool place for twenty-four hours before using. Lay a warm cloth on the mould for a moment when ready to serve and turn on a chilled platter. Delicious served with lettuce and mayonnaise.

MRS. O. B. WILBUR.

PRESSED CHICKEN, NO. 1

Boil a chicken until tender; take out all the bones and chop the meat very fine. Season with salt, pepper and plenty of butter. Add to the liquor the chicken was boiled in, one cupful of bread crumbs made soft with hot water and to this the chopped chicken. When heated, take out and press into a basin. Serve cold.

MRS. A. C. PALMER.

PRESSED CHICKEN, NO. 2

Stew slowly two chickens cut up small, until meat drops from bones; take out and chop fine.

Let liquor boil down to a cupful. Add to it butter the size of an egg, teaspoonful of pepper, little allspice and a beaten egg. Stir through the meat sliced hard boiled eggs. Lay in a mould and press. Serve in a dish garnished with parsley.

MRS. AMY FALLA.

ROAST CHICKEN

Dress the chicken nicely, leaving it whole. For the dressing take a pint and one half of bread crumbs, moistened with water, a medium sized onion sliced thin, sage, salt, pepper and butter to taste. Stuff the fowl and lay in a self-basting pan. If an open pan is used, there must be water in it. Baste and turn often.

MRS. W. L. KENNEDY.

STEWED CHICKEN

Prepare and cook chicken in the same manner as for chicken pie. Just before chicken is quite done, pare a quantity of potatoes, cut them in two, lay them on top of chicken. Let them boil until done, then take potatoes up on plate by themselves. Turn pint of sweet cream in with the chicken, thicken with flour, wet with sweet milk, season with pepper, salt and plenty of butter. Sweet milk will answer in place of cream, but will require more butter.

MRS. A. C. PALMER.

RAISIN STUFFING FOR TURKEY

Take one pound of freshly minced beef, a small onion, a little parsley and thyme, one pound

of seeded raisins and a tablespoonful of butter. Mix these and cook for about ten minutes. Grate some stale bread, or preferably crackers, and with a beaten egg bind the mixture. To keep it moist, add two tablespoonfuls of any good table sauce. Salt and pepper to taste.

MRS. AMOS HARRIS.

ROAST TURKEY (New England Fashion).

Pick, singe, draw, wash and dry. After this dip turkey two seconds in boiling water and then two seconds in ice water. This makes it look plump. Cut the neck off close to the body, leaving the skin longer, draw over and tie. Skewer the legs close to the sides after removing the first joint. Fasten the wings to the sides in the same manner, first cutting away the pinions or first joints. Put the giblets to boil in a quart of water. Allow one and three-fourths hours to roast a turkey weighing ten pounds. If at all tough, boil an hour or more before roasting. Some cooks parboil even a young turkey before baking. A little water will be needed in the pan. Baste with salt and water once, then cover with lumps of butter and afterwards baste with the drippings. Slices of fat bacon or fat pork may be sliced over the fowl, fastening them down with small skewers. When nearly done, dredge with flour and baste with melted butter. Stuff with the following forcemeat: five pints of bread crumbs, one-fourth pound of salt pork chopped, butter size of an egg, salt, pepper, savory or sage, and two eggs well beaten. Mix well before using

MRS. HOLDEN.

ROAST TURKEY, NO. 2

Select young turkey, remove all the feathers carefully, singe over a burning newspaper, then draw, remove the crop carefully, cut off the head and tie the neck close to the body by drawing the skin over it. Now rinse the inside of the turkey with several waters and in the next to the last put in a teaspoonful of soda as sometimes the inside of a fowl is very sour, especially if it is not freshly killed. The soda, tends to cleanse and sweeten the inside of the fowl. After washing, wipe the turkey dry inside and out with a clean cloth. Rub the inside with salt then stuff the breast and body with the dressing for fowls. Sew up the turkey with strong thread, tie the legs and wings to the body, rub it over with melted butter, sprinkle with pepper and salt, dredge with a little flour, put it in a dripping pan, pour on a cup of boiling water and place in the oven to bake. Baste it often turning it around so every part will be thoroughly baked. When pierced with a fork and the liquid runs out perfectly clear, the fowl is done. If any part is likely to scorch, pin a thin piece of buttered paper over it. A fifteen-pound turkey requires three or four hours to bake. Serve with cranberry jelly. When you put the turkey in the oven to roast, put the neck, heart, liver and gizzard into a stew pan with a pint of water. Boil until they become quite tender, then take out of the water, chop the heart and gizzard, wash the liver and throw away the neck. Return the chopped heart, gizzard and liver to the liquor in which they were boiled, set to one side and when the turkey is done, it should be added to the gravy that dripped from the turkey. Having first skimmed off the fat from the surface of the dripping-

pan, set all over the fire and boil three minutes, then thicken with flour. It will not need browned flour to thicken the gravy. The garnishes for turkey or chicken are fried oysters, thin slices of ham, slices of lemon, fried sausages and parsley.

DRESSING,—For an eight or ten pound turkey, take two quarts of baked meal, add a table-spoonful of lard, some chopped onions browned in butter and two eggs. Flavor to taste with salt, pepper, sage and thyme and stuff the turkey. Sew well around the neck so as to prevent the dressing from falling out. MRS. JORDAN YOUNG.

DRESSING FOR TURKEY OR ROAST MEATS

Mix stale bread crumbs or pounded crackers with butter, salt, pepper and an egg. Add summer savory or sage; if desired, chopped oysters may also be added. Mix thoroughly together adding a little warm water for wetting if necessary.

MRS. A. C. PALMER.

TURKEY DRESSED WITH OYSTERS

For a ten-pound turkey take two pints of bread crumbs, one-half teacupful of butter cut in bits, three table-spoonfuls of hot water, one tea-spoonful powdered thyme, pepper and salt to taste, one quart of oysters well drained. Mix these ingredients thoroughly, except the oysters. Rub the turkey well inside and out with salt and pepper, then fill with a tea-spoonful of the dressing, alternating with the oysters until stuffed. Strain the oyster liquor and use to baste the turkey. Cook the giblets in a pan with a very little water and chop them fine. Add sufficient water and brown-

ed flour for thickening. A fowl of this size will require three hours in a moderate oven. Garnish as for roast turkey. Serve with cranberry sauce and vegetables.

MRS. JOHN MINTO.

PIGEON ROASTED

Dress, and stuff with bread crumbs seasoned with butter, salt and a little mace, adding three oysters to each bird. Sew up and baste frequently with melted butter. Roast one-half hour carefully. Some prefer apple stuffing. Pigeons should be tender to roast. Lay them on the dish in a row.

MRS. JOHN MINTO.

PIGEON PIE

Prepare the pigeons; cut in four pieces and par-boil. Line a baking dish with rich paste and fill in with the pigeons, mixing with bits of bacon or salt pork. Season with a little parsley and enrich with butter cut in bits. Dredge with flour and pour in the water they were parboiled in. Cover with the paste leaving an opening for the escape of steam. Bake one hour.

MRS. C. H. WILLIAMS.

QUAIL PIE

Prepare and cook the same as pigeon pie. The quails may be left whole and stuffed, using the same stuffing as for any roasted fowl. Slices of hard boiled eggs added are very nice.

MRS. C. H. WILLIAMS.

QUAIL ON TOAST

Dress carefully, removing the feathers without

scalding. Split down the back and put into salt water for a time, then dry. Butter carefully, season with pepper and salt and broil on a grid-iron, turning frequently. When done, butter well and serve on hot buttered toast, a quail, breast up, on each slice. Serve on a hot dish. Garnish with currant jelly. MRS. ESTHER WILLIAMS.

ROAST WILD DUCK

Parboil with an onion in each to remove the fishy flavor. Use a carrot unless there is to be onion in the dressing. Stuff with the same dressing as used for Mallard duck and roast until tender, basting first with melted butter and then with the gravy in the pan. Thicken the gravy with browned flour and stir in one tablespoonful of currant jelly. Serve separately.

MRS. JOHN MINTO.

RABBIT STEW

Prepare the same as venison, boiling until tender and serving in the same manner. A little minced onion added is very nice. Add a little butter to the gravy if necessary.

MRS. W. F. ALLEN.

RABBIT FRIED

Skin, disjoint and wipe the rabbit perfectly dry. Fry the same as chicken, parboiling unless perfectly tender. They may be dipped in flour before frying.

MRS. J. H. JUDD.

RABBITS FRICASSEED

Disjoint and put in a stew pan, seasoning with

cayenne pepper, chopped parsley and a little salt. Cover with a pint of hot water and stew slowly. When nearly done, add some bits of butter rolled in flour. Before removing from the fire pour in half a small teacupful of thin cream or rich milk. Serve the meat in a hot dish, pouring the gravy over it.

MRS. JORDAN YOUNG.

RABBIT ROASTED

Skin, clean and lay in salt water while preparing the following dressing. Mince a slice of fat salt pork and mix with sufficient moistened bread crumbs to fill the cavity, seasoning it with salt, pepper and thyme. Stuff the rabbit with this and sew up closely. Cover with slices of salt pork bound on with cords or fastened with skewers. Pour in a cupful of water in the pan and bake an hour, basting frequently and adding a little lemon juice to the drippings. Dredge with flour, brown and remove from the oven. Serve on a hot platter removing the slices of pork and garnishing the edge of the platter with them. Thicken the strained gravy with browned flour and season with butter, two tablespoonfuls of lemon juice or a little vinegar, pepper and salt to taste. Let it boil up and then serve. If pork is not used in roasting, rub the rabbit with butter well before putting in the oven and pour melted butter over it when served, garnishing with sliced lemon and greens.

MRS. JORDAN YOUNG.

FRIED BELGIAN HARE

Take a young Belgian hare; cut it into medium sized pieces, roll in flour and fry one-half or three-quarters of an hour in beef drippings or lard and

butter mixed. Brown nicely; season with salt and pepper. If it is an old Belgian hare, cut in pieces, boil until tender, but not until it drops from the bones. Then roll in flour and brown nicely in butter. Season with salt and pepper.

MRS. W. L. KENNEDY.

RABBIT PIE

Boil the rabbit until tender. Season well with butter, salt and pepper. Thicken the gravy with flour rubbed smooth in a little water. Have plenty of gravy. Put the meat and gravy in to a pudding dish. Make a rich biscuit dough, roll out the size of the dish, cut two or three places in the top for the steam to escape, then bake until the crust is done. Serve in the dish in which it is baked.

MRS. W. L. KENNEDY.

SMOTHERED BELGIAN HARE

Take a young hare, cut in pieces, roll in flour, place in a baking pan, sprinkle a little more flour over it, season with butter, pepper and salt, almost cover with hot water, then place in the oven and bake until done, turning often and adding water as needed. MRS. W. L. KENNEDY.

TO COOK A YOUNG RABBIT

Soak several hours in salt and water. Cut in suitable pieces for serving; roll each piece in flour and place in a kettle containing a little hot fat and turn until nicely browned. Then add a peeled tomato, an onion, a few slices of carrot and turnip and a green or red pepper, also a pinch of mace.

cloves, cinnamon, and salt and pepper to taste and a pint of water. Cover very closely and cook very slowly until tender. Serve on a large platter with the strained gravy poured over it.

SEMIE TURNER.

SMOTHERED BIRDS

Prepare and put in boiling water for ten minutes. Remove, arrange in a baking pan and season highly with pepper and salt, putting a lump of butter on each bird. Pour in the pan a little water to which has been added enough vinegar to give it a slightly sour taste. Dredge the whole slightly with flour; cover with another pan and bake until done.

MRS. McCULLY.

SQUAB PIE

Six squabs, four tablespoonfuls of butter, one quart of broth or water. Scald the squabs, pick, singe and draw. Cut down the back first like chickens for broiling, then cut in halves, wash and wipe dry. Rub each piece with salt and pepper, roll in flour and fry slightly in melted butter. Arrange them in a deep baking dish, pour in the broth or water and stew in the oven until tender. Then season the liquor and thicken slightly, if necessary. Cover with a good pie crust and bake twenty minutes, leaving an opening in the crust for the steam to escape. The crust should be kept well out of the liquor while baking. An inverted cup set in the center of the dish will support it.

MRS. WM. HUMPHREYS.

SQUIRREL POTPIE

Skin, clean and disjoint two or three squirrels

sides of a deep baking dish with a nice crust. Lay the rabbit in the dish, pour in half the gravy, dredge lightly with flour and add a few bits of butter. Roll out the upper crust, cover carefully, being sure to leave a hole in the top for the escape of steam. Bake in a quick oven one hour. Before sending to the table, pour in the remainder of the hot gravy.

MRS. C. H. WILLIAMS.

VENISON RIB ROAST

Have the bones removed from two or three ribs of venison; roll in a thin slice of salt pork, tie tightly in shape, season, dredge with flour and roast. Serve with spiced currants or gooseberry catsup.

MRS. C. H. WILLIAMS.

VENISON STEW

The most inferior cuts will do. Cut the meat in small pieces to cook. Cover with water and boil two hours, adding more boiling water if needed. Season and thicken the gravy with browned flour.

MRS. JOHN WILDER.

VENISON STEAKS

Heat the grid-iron well, butter the bars and lay on the steaks which should be cut from the neck or haunch. Broil thoroughly as venison requires more cooking than beef. Save all the gravy possible. Serve with currant jelly laid on each piece. Heat the plates.

MRS. C. H. WILLIAMS.

Meats.

MRS. KATHRYN MARDEN.

“’Tis not the food, but the content,
That makes the table’s merriment.
Where trouble serves the board, we eat
The platters there as soon as meat.
A little pipkin, with a bit
Of mutton, or of veal in it,
Set on my table trouble free,
More than a feast contenteth me.”

Herick.

To be a good meat cook, one should know the parts of the animals sold in the markets and their economical uses. The piece to select for a prime roast is the first five ribs. The middle ribs are good for roasts and the next or chuck ribs are second choice. Very good steak may be cut from these ribs also. The shoulder is considered best for pot roasts, stews, soups, hash, and mince-meat; the brisket for soups or corned beef; neck for sausages, mince pie meat and soup. Rump makes good corned beef, stews and steaks. The round for steaks, pot roasts, boiling and stewing; shin for hashes and soups; thick flank for stews, corned and pressed beef, also a nice boiling piece; thin flank for corned beef and boiling.

In pork, the leg makes roasts and smoked ham; sirloin, fine chops and roasts; foreloin, second choice roasts and chops; neck, inferior roasts and boiling pieces; the shoulder is used mostly for pickling and smoking and is also very fine for boiling, whether fresh or corned. The head is used for head cheese, puddings and the like. Jowl is nice for smoking; the feet are used for souse and for pickling.

The loin of mutton, the best end, is used for filling and roasts and makes fine chops. The rest of the loin, second choice, is used for chops and roasts; the rump end for boiling and roasting; shoulder for boiling, filling and roasting; leg mostly used for chops, roasting and boiling; breast and flank used for stews, meat pies and cheap roasts; neck for stews.

Good beef is a bright red with plenty of fat. Old beef is a dark red and coarse grain. If the rind of pork is rough and thick and cannot easily be impressed with the finger, it is old. Measly pork is almost poisonous and may be easily detected, the fat being full of small kernels. The flesh of fresh pork will look cool and smooth; when moist or clammy, it is stale. Good mutton is a bright red color and a firm grain. The fat is white and clear.

The more gently meat boils, the more tender it will become. Allow twenty minutes for the boiling of each pound of meat. In boiling fresh meat, to make it rich and nutritious, it should be placed in a kettle of boiling water and skimmed well as soon as it begins to boil. The meat should be turned occasionally and kept well under the water and fresh hot water supplied, as it evaporates very rapidly in boiling. No salt should be added until the meat is nearly done, as it extracts the juices in boiling. Salt meat should be put on in cold water so that it may freshen in cooking. Allow twenty minutes to the pound for fresh, and thirty-five for salt meats, the time to be modified, of course, by the quality of the meat. A pod of red peppers in the water will prevent any unpleasant odor from filling the house. Roast meats require a brisk fire. Baste often. Twenty minutes is required for roasting each pound of fresh

meat. Broiled meats, to retain their juices, should be broiled over red hot coals, entirely free from smoke, and the coals sufficiently low enough in the grate so as not to sear the meat when first placed over the heat. Turn steaks and chops frequently, that every part may be evenly done. Do not stick the fork in the lean part, always in the fat or outer skin. The best pieces for broiling are the porter-house, sirloin and rump.

HOW TO MAKE A ROUND STEAK TENDER

Any piece from the round may be prepared so as to be as tender as the most delicate sirloin if care be taken with it. Spread your steak with Gower's olive oil instead of beating it to bruise the fibres, which lets the juice run out into the fire. Let it remain an hour or so in the oil before cooking. Broil quickly so that each side will be thoroughly charred, then prop up your broiler so as to be a little further from the fire for the slower heating through that cooks the inside juices without losing them. Melt a bit of butter in two tablespoonfuls of vinegar and pour it over the steak while hot. This finishes the tendering process and makes appetizing gravy. You can substitute lemon juice for the vinegar; all that is needed is an acid that will make the fibre tender. Additions can also be made to the vinegar of a little chopped onion and the yolks of one or two eggs with a very little cayenne, if you wish to have a rich gravy.

There are two methods of frying, one with a very little fat. The pan and the fat must be hot before the meat to be fried is put into it. If the pan is hot and just enough fat to keep the meat

from sticking to it, the heat being maintained so that it will cook quickly, it will be nearly as nice as if broiled. The other method of frying consists of entirely immersing the article to be cooked in sufficient smoking hot fat to cover it, and keeping the fat at that degree of heat until the food is brown. It should then be taken out with a skimmer and laid on brown paper for a moment to free it from grease.

BEEF ROAST

Place the top round of beef in pan of very hot fat and put in a hot oven to sear quickly. Turn when the lower side is seared and let the top side rest in the fat and sear. Then place the grate underneath the meat so that the meat will not come in contact with the fat. Baste about every ten minutes. After it is seared, sift a little flour over the meat. Cook about fifteen minutes to the pound. Have very hot oven for the first one-quarter of an hour, then moderate oven.

GRAVY,—Use two or three tablespoonfuls of the fat left in pan and one and one-half tablespoonfuls of flour. Rub flour smooth in the fat; add one teaspoonful of salt and a little pepper. Cook them together until it froths. Add two cupfuls of boiling water.

MISS EMMA BARNETT.

FILLET OF BEEF, SPANISH

4 pounds fillet of beef,
 $\frac{1}{4}$ pound suet,
 1 onion,
 1 large tomato,
 1 chili pepper,
 3 cloves,

1 teaspoonful each, vinegar and sugar,
Salt and dash of pepper.

Slice the suet thinly into an iron pot and fry until melted. Then slice in the onion and fry until brown. Put in the meat and brown on all sides. Add juice of tomato, chili pepper, cloves, vinegar, sugar, salt and pepper. Put in a little hot water, just enough to keep the meat from scorching. Cover tightly and cook slowly until tender. Serve with brown gravy. MRS. W. F. FALLA.

BEEF A LA MODE

4 pounds of beef from rump,
 $\frac{1}{2}$ cup of vinegar,
2 teaspoonfuls of salt,
 $\frac{1}{4}$ teaspoonful of pepper,
 $\frac{1}{4}$ teaspoonful of allspice,
 $\frac{1}{4}$ teaspoonful of mustard,
 $\frac{1}{4}$ teaspoonful of cloves,
1 onion,
A handful of flour.

Make these into a pickle and soak the meat in it over night, turning several times. Take out of pickle in the morning and cook very slowly with one onion, one-half a carrot, one-half a turnip, one tablespoonful of mixed herbs and two cupfuls of hot water. Cut vegetables in cubes.

MRS. KLEEBURGER.

YORKSHIRE PUDDING

4 tablespoonfuls flour,
2 eggs,
1 pint milk,
1 cupful water.

Make a fine paste of flour and milk. Pour the water into a bowl with the well beaten eggs and beat to a froth. Add this to the paste and cook in same pan with the meat.

MAGGIE DARLING.

HAMBURGER ROAST

2 pounds of Hamburger steak,
Piece of fat pork,
2 eggs,
1 cupful bread crumbs,
Onion or parsley,
 $\frac{3}{4}$ cupful milk,
Salt and pepper.

Mix the steak and fat pork, chopped fine with eggs, bread crumbs, onion or parsley, chopped fine, and the milk. Season and shape into loaf. Put in a baking pan with water and bake for one hour. Baste frequently. Nice hot or cold or sliced and fried in butter for breakfast.

MRS. GEORGE SCANE.

MEAT LOAF

2 pounds of Hamburger steak,
1 cupful bread crumbs,
 $\frac{1}{2}$ cupful of water,
1 egg,
Pepper, salt, parsley and butter.

Mix the meat with the bread crumbs, pepper, salt and a little chopped parsley. Add the beaten eggs and one-half cupful of water. Put in a baking pan with butter under and over and bake for three-quarters of an hour. Serve with thin gravy and macaroni around the loaf.

MAGGIE DARLING.

MEAT CROQUETTES

1 pint of cold chopped meat,
 ½ pint of milk,
 1 tablespoonful butter,
 2 tablespoonfuls flour,
 1 teaspoonful salt,
 1 teaspoonful pepper,
 1 teaspoonful parsley,
 1 teaspoonful onion juice,
 1 egg and bread crumbs.

Put the milk over the fire. Rub together the butter and flour, add to the boiling milk and stir until smooth and thick. Add the salt, pepper, parsley and onion juice to the meat. Mix with the paste and set aside to cool. When cold, form into croquettes, drop in the egg and bread crumbs and fry. Chicken is good this way also.

MRS. M. L. PARKHURST.

MEAT BALLS

1 pint of chopped cold meat, beef is best,
 ½ pint of stale bread crumbs,
 1 tablespoonful chopped parsley,
 ½ teaspoonful grated lemon rind,
 1 teaspoonful salt,
 2 eggs well beaten.

Mix and divide into balls size of walnut. Make a batter of one beaten egg and one-half cupful of milk. Stir in carefully one-half cupful of flour. Drop the meat balls into this batter and then into smoking hot fat to fry until brown.

MRS. M. L. PARKHURST.

MINCED MEAT

Two cupfuls of minced meat with one cupful

of brown gravy added to the meat. Season as you wish. Make a short cake and spread the meat between the layers. EMMA BARNETT.

POTTED MEAT

Chop the cold meat fine and rub to a paste adding to each half pint one-eighth teaspoonful of powdered mace, (or if preferred, thyme or summer savory) and two ounces of butter melted. Season lightly with salt and pack into a cup or tumbler. Pour over it a little melted suet and it will keep for a week in a cool place. Tongue, chicken or baked liver are the best meats for potting. MRS. M. L. PARKHURST.

MEAT OMELET

Mince up pieces of cold meat, putting in a few crumbs of either bread or crackers and enough eggs to bind them together. Season well; put in a well buttered pan and bake, or fry if preferred. MRS. FRED NELSON.

COTTAGE PIE

- 3 cupfuls of cold meat,
- 2 tablespoonfuls of minced onion,
- 2 tablespoonfuls of butter,
- 2 tablespoonfuls of flour,
- 1 cupful of brown stock, (or gravy or milk),
- 2 teaspoonfuls of salt,
- $\frac{1}{4}$ teaspoonful of pepper,
- 3 or 4 cupfuls of mashed potatoes.

Cut up the meat in one inch cubes and put in a pudding dish. Melt the butter and cook the onion

in it until light brown, then add the flour. Remove from the stove to stir in the flour, then put back on the stove and cook a minute or two. Add the stock, pepper and salt and stir until it boils. Pour about one-half of it over the meat, then spread the mashed potatoes over the top. Roughen the top of the potatoes with a fork and bake twenty minutes in top of oven. Serve quite hot with the rest of the gravy strained.

MISS BARNETT.

BEEF POTPIE

3 pounds of round beef,
 1 large carrot,
 1 onion,
 1 turnip,
 ½ cupful of celery,
 1 or 2 tomatoes,
 2 tablespoonfuls of butter,
 4 tablespoonfuls of flour,
 3 cupfuls of hot water,
 3 teaspoonfuls of salt,
 ½ teaspoonful of pepper,
 1 tablespoonful of chopped parsley.

Put the meat, cut in small pieces, in hot water and cook for about three-quarters of an hour at simmering point. Then add vegetables, cut in small dice and simmer until meat is tender. Melt butter and add flour; cook until frothy. Stir into the stew. Add the chopped parsley last; then you may drop in the dumplings and cook about twelve minutes covered tightly.

MISS EMMA BARNETT.

RICE AND MEAT CROQUETTES

1 cupful boiled rice,

1 cupful finely chopped meat,
 1 teaspoonful butter,
 ½ cupful milk,
 1 egg.

Put milk on to boil, then add meat, rice and seasoning. When it boils, add the egg well beaten. Stir one minute, cool and shape into balls. Roll in egg and cracker crumbs and fry.

MAGGIE DARLING.

WASH DAY MEAT PIE

Made from cold veal and chicken left over from Sunday. Chop the veal but not too fine; season with a little salt, pepper, nutmeg and also the juice of a lemon; separate the chicken from the bones and chop it; season with half a bunch of finely chopped celery, and a piece of butter the size of an egg cut in small pieces. Have the chicken gravy hot and half a dozen hard boiled eggs cut in quarters. For the crust, use two cupfuls of flour, two tablespoonfuls of cottolene, or lard, nearly a teaspoonful of baking powder, one egg and enough milk to make a soft dough. Line the sides of a pie dish with a crust one-quarter inch thick, place the veal in the bottom of the dish, then a layer of the eggs, then the chopped chicken. Pour the gravy over the pie, enough to make it quite moist. Cover with a crust one-quarter inch thick. Bake in a slow oven one-half hour and send to the table in the dish in which it was baked. MRS. W. F. FALLA.

BAKED HASH, SPANISH

1 cupful cold cooked pork,

1 cupful cold cooked beef,
 1 onion,
 2 chili peppers,
 1 sprig of parsley,
 3½ cupfuls bread crumbs,
 1 cupful of strained tomatoes,
 ½ cupful olives,
 ¼ cupful butter,
 Sage, thyme, salt and pepper.

Chop fine the beef, pork, onion, chili, and parsley. Add the bread crumbs, tomatoes, olives, butter and the seasonings. Mix well and bake in a buttered pan until brown. Serve with tomato sauce made as follows: two cupfuls of tomatoes, one small onion, one sprig of parsley, one leaf of celery. Simmer twenty minutes, press through a sieve, then add one tablespoonful of butter. Let come to a boil and thicken with one tablespoonful of flour. Salt and pepper to taste.

MRS. W. F. FALLA.

A BREAKFAST DISH

Take one-half pound of sliced dried beef; pull into small pieces. Have a quart of milk boiling, into which drop the beef with a good piece of butter and a little pepper. When it comes to a boil, thicken with flour. Toast a slice of bread for each person and poach in hot water the same number of eggs. Place one on each slice of toast. Put on a large platter and pour over the dried beef dressing.

AMY FALLA.

STUFFED BEEFSTEAK

Take a good round steak and spread on it a well seasoned forcemeat. Roll up and fasten well.

Roast for one-half hour, remove from the pan and serve with the gravy thickened a little and seasoned.

LIZZIE KAISER.

TO MAKE A STEAK TENDER

Tough steak or mutton chops may be improved by partly frying; then adding tomatoes and allowing meat to simmer for three-quarters of an hour.

MRS. D. HALLOCK.

SPICED BEEF

Ribs of beef,
Brown sugar,
Ground mace, nutmeg, allspice, cloves,
ginger and salt.

Take out the bones and rub meat well all over with sugar. Next day rub in the spices which should be well mixed. Then rub in sufficient salt to make a brine. Rub with salt and turn each day for ten days or two weeks according to the size of the meat. Take out of brine, roll and bind tightly. Cut into cold water and boil not less than four hours. Place in a dish with weights to press it. Do not remove the binding until cold. A tongue prepared in the same way is very good.

MRS. THOMAS NOCK.

STUFFED VEAL WITH GREEN PEAS

Remove the large bones from a loin of veal. Stuff the cavities thus made with a good forcemeat of chopped pork, crumbs and seasoning, also a few chopped mushrooms. Cover the sides with thick sheets of greased writing paper. Put a cupful of soup stock or gravy in the dripping

pan and baste well for an hour with butter and water, afterwards with the gravy. Cook twelve minutes to the pound. Take off paper during last half hour, dredge with flour, baste with butter and brown. Take up, keep hot while you skim fat from gravy. Stir into it one-half cupful of chopped mushrooms and a little browned flour. Have ready some green peas boiled and seasoned and make a circle of them about the veal when served.

MRS. AMY FALLA.

VEAL BALLS

Mince fine some cold veal. Add a few bread crumbs, an egg, pepper and salt. Mould into balls and fry in butter. When browned, remove from the pan and arrange neatly on a hot platter. Make a rich cream gravy of milk, flour and butter and pour over the balls, serving with parsley.

MRS. M. L. PARKHURST.

PRESSED VEAL

Put about two pounds of veal in a pot with enough water to cover and boil until tender, adding salt to season. When about two-thirds done, take out and cut in small pieces. There should be about one-half pint of liquor left when the meat is done, if more, boil down, adding a little dill to flavor. Then add the liquor to the meat. Have ready a bowl lined with slices of hard boiled eggs and carefully put in the meat so as not to disturb the slices of eggs. Press by putting over it a plate with a weight on it. It will get firm without pressing by putting it away in a cool place. When ready to use, turn out on a platter and

garnish with dill or parsley.

MRS. D. H. PARKHURST.

WHITE SAUCE FOR VEAL SOUFFLE

4 tablespoonfuls of butter,
4 tablespoonfuls of flour,
1 teaspoonful of salt,
A little paprika and pepper,
2 cupfuls of scalded milk.

Melt the butter, stir in the flour off the stove until smooth, then cook until frothy. Add the milk gradually, stirring all the time, until at boiling point and all the milk is added. Beat until smooth, and your sauce is ready for serving as gravy, but if you want it thicker for serving with meat, add one tablespoonful of flour extra.

EMMA BARNETT.

VEAL SOUFFLE

2 cupfuls of finely minced veal,
1½ cupfuls of thick white sauce,
10 drops of celery extract,
½ teaspoonful of grated onion,
¼ teaspoonful of paprika,
¼ teaspoonful of pepper,
A little parsley,
3 eggs.

Mix together everything but the eggs. Cream the yolks of the eggs (don't beat them) until perfectly smooth and mix them with the meat. Beat up the whites of the eggs to a firm froth and fold them into the meat. Pour into a well greased dish, not more than two-thirds full. Sprinkle buttered crumbs over and bake in a moderate oven until puffed up and brown; about one-half hour.

Serve as soon as taken from the oven with brown sauce or tomato sauce. EMMA BARNETT.

MARBLED VEAL

Boil the veal until very tender. Season to taste and pound to paste in a mortar, using melted butter as needed to form the paste. Skin a cold boiled tongue and pound to a paste with butter. Pack the veal and tongue in a mould in alternate layers. Press hard with a weight on top and let harden. Serve cold in thin slices. KATE MARDEN.

POULETTES

Thin slice of butter,
1 large tablespoonful of flour,
1 cupful milk or cream,
1 cupful strained tomato juice,
Worcestershire sauce,
Salt and cayenne pepper.

Melt and brown the butter, stir in the flour and then the milk or cream. When thick, add a cupful of tomato juice, salt, dash of cayenne pepper and a little Worcestershire sauce. Cut up sweet-breads and stir in the mixture. Serve on toast or in patty shells. Liver or oysters may be used instead of sweet breads. MRS. O. B. WILBUR.

SCOTCH BROTH

3 pounds of lean mutton,
 $\frac{1}{4}$ cupful of pearl barley,
 $\frac{1}{4}$ cupful each, onion, turnip, celery, carrot,
3 quarts of hot water,
3 teaspoonfuls of salt,

$\frac{1}{4}$ teaspoonful of white pepper,
 2 tablespoonfuls of butter,
 3 tablespoonfuls flour,
 1 tablespoonful chopped parsley.

In making, first cut off fat, skin and bone and put the bones into a sauce pan and cover with cold water. Bring to a boil slowly and cook while you are preparing the meat. Cut up the meat in small dice. Strain the water from the bones and add that and enough cold water to make three quarts to the meat. Let simmer and add the soaked pearl barley to the meat. Then add the chopped vegetables and cook slowly until the meat is tender. Now melt the butter and add the flour and cook until it froths; then stir it into the broth. Add seasoning and the finely chopped parsley. Serve hot. EMMA BARNETT.

MOCK DUCK

Take a large pork tenderloin; cut about one-half inch thick, pound and beat it until it is thin and tender. Spread a thin layer of dressing on it, roll and bind with strips of muslin. Roast until done. At serving time remove the muslin, dust with crumbs and brown in the oven. Nice hot or cold and served with apple sauce.

MRS. W. E. MARDEN.

PORK CHOPS, SOUTHERN STYLE

Parboil the chops, remove from the fire and dust with a little salt, pepper and sage; dip in egg, then in crumbs and put into a dripping pan with a lump of butter on each piece. Cover with another pan and cook in a moderate oven until

well done. Remove the pan and let them brown. Serve with cream sauce after adding to it the crumbs and drippings found under the meat.

KATE MARDEN.

BACON SCRAMBLE

Put a cupful of minced raw bacon into the frying pan and fry until the bacon is crisp. Have ready five fresh well beaten eggs with a table-spoonful of cold water. Pour the eggs into the pan on the bacon and cook until the eggs are done but not hard, stirring all the time. A nice breakfast dish.

K. MARDEN.

BACON, RIGHTLY BROILED

The only way to cook bacon—both for the matter of appearance and for digestive qualities—is to broil it, not over a bed of coals, but in a very hot oven. Cut the bacon in thin slices, rejecting the rind. Lay the pieces on a fine wire broiler. Place it over a dripping pan and set it in a hot oven. It requires to be turned just once. Drain the bacon on brown paper. If you wish to serve calf's liver with this, sprinkle the liver with pepper and salt, roll it in flour and fry brown in the bacon drippings. Serve with a curled morsel of bacon on top of each piece of liver.

MRS. A. HARRIS.

FRIED CALF'S LIVER, ITALIAN STYLE

Chop or slice an onion and fry in a little olive oil, (Gower's is best). Lift out the onion, roll slices of calf's liver in flour and fry until brown and quite

done. Take out the liver, thicken with brown flour the oil in the frying pan, adding some chopped olives to it, and pour over the liver.

MRS. M. L. PARKHURST.

TONGUE IN ASPIC JELLY

Arrange a layer of hard boiled eggs sliced on a layer of aspic chilled in a mould. On sides of the chilled mould dispose slices of cucumber pickles and slices of tongue adding enough aspic jelly to hold the slices together. Let stand some hours. Garnish with cress and quarters of eggs.

LIZZIE KAISER.

TO CURE HAMS AND BACON

Sprinkle the bottom of a barrel with salt. Rub each piece of meat with salt. Let it lay three days, then drain. Put in the following brine for four or six weeks; then smoke five or six days with apple or oak wood, green is best, or paint with liquid smoke.

BRINE,—

- 8 gallons of water,
- 12 pounds of common salt,
- 3 pounds of brown sugar,
- 3 ounces of salt petre,
- 3 teaspoonfuls of concentrated lye.

Boil all the ingredients together and skim. After it is cold, pour over the meat.

MRS. S. CHAMBERS.

CURRY OF MUTTON

Sprinkle one cupful of rice into a large kettle of boiling water. Boil rapidly for twenty min-

utes; drain and place it in the oven to steam. Put one tablespoonful of butter in a sauce pan, add a small onion cut into thin slices. Cook for about ten minutes, then add a tablespoonful of curry powder, one tablespoonful of flour and half a pint of boiling water. Stir constantly until boiling; then add half a teaspoonful of salt and one pound of finely chopped cold cooked mutton. Stand the mixture at the back part of the stove to heat while you arrange the rice in a border around the serving dish. Turn the curry into the center, sprinkle over it a tablespoonful of lemon juice and serve at once.

LIZZIE KAISER.

BOILED HAM

Wash, scrape, clean, place in warm water and simmer or boil lightly for five or six hours. Take out and shave off the rind. Rub sugar into the whole surface of the ham, so long as it can be made to receive it. Place the ham in a baking dish and pour over it a bottle of champagne or prime cider. Baste occasionally with the juice and let it bake an hour in a moderate oven, or, having taken off the rind, strew bread crumbs over it and set it in the oven until the bread is crisp and brown.

SEMIE TURNER.

MEATS AND THEIR ACCOMPANIMENTS

Roast beef, grated horse radish.
 Roast pork, apple sauce.
 Roast veal, tomatoes or mushrooms,
 Roast mutton, currant jelly,
 Roast chicken, currant jelly,
 Roast turkey, cranberry sauce,
 Roast goose, apple sauce,

Roast lamb, mint sauce,
Roast duck and venison, currant jelly,
Broiled mutton, caper sauce,
Broiled turkey, oyster or celery sauce,
Broiled chicken, celery or parsley,
Broiled tongue, egg sauce,

A NICE WAY TO FIX HAM

After boiling, remove skin and rub all over with a beaten egg mixed with two tablespoonfuls of sugar. Then sprinkle with bread crumbs and set in the oven until a nice brown. M. L. P.

BRAINS

Take two or more calves' brains; lay in salted water for two or three hours, then remove the outer skin and boil in salted water for ten minutes. Take out and divide into sizable pieces for serving, roll in egg and then in cracker crumbs and fry a nice brown, turning them in the pan when one side is done until both sides are a nice brown. Don't have the pieces too large and be sure each one is thoroughly done. Serve with slices of lemon, or if preferred, you may lay each piece of the brains (without rolling in egg and cracker crumbs) on a large slice of bacon. Put in baking pan and bake one-half hour or until brown. I prefer the first method.

M. L. PARKHURST.

Vegetables.

MRS. A. E. WAGSTAFF.

"Now good digestion wait on appetite, and health on both."
Shakespeare.

Vegetables do not contain the food values that cereals, nuts and fruits do, yet they form a very important element in the dietary of those who still adhere to the practise of meat eating, and a cook should not only be familiar with their nutritive values, but should also have a correct idea of the chemical effect of heat and water and salt upon the vegetables she uses for dinner. Here are a few things for her to remember: the most nutritious part of potatoes, carrots, parsnips and similiar tubers, lies near to the surface, so care should be taken to scrape or pare as thinly as possible. Steam or bake vegetables whenever practicable, as their finer flavors are thus more easily retained and they suffer less diminution in food value. In boiling, use no more water than is needful to cook them, as the water drained off carries with it desirable food properties. Be careful not to burn, as the least scorch ruins the delicate flavor of any vegetable. If necessary to add more water have it boiling hot.

In referring to the time-table at the end of this department, use judgment and count from the moment the pot actually begins to boil. Young vegetables require less time in cooking than those more fully matured.

N. P. H.

ARTICHOKES

Pare and cut artichokes into slices about one-

eighth of an inch thick. Fry in sufficient boiling lard or olive oil (Gower's) to swim them. When a rich brown, sprinkle them with salt and serve hot.

ASPARAGUS

Choose fresh asparagus. Scrape off white skin from lower end. Lay in cold water until crisp. Put in boiling water which has been salted. When done, lay on slices of toast and serve with melted butter.

ASPARAGUS WITH CREAM

Wash asparagus, tie in bundles and plunge into boiling water salted, a teaspoonful for every quart of water. Boil rapidly for fifteen minutes. Take up, cut off the tender heads and put in a vessel with a cupful of milk or cream to every quart of asparagus. Simmer ten minutes. Mix one tablespoonful of flour and butter together and stir into the milk. Add salt and pepper to taste and simmer five minutes longer.

K. MARDEN.

BEANS, SPANISH

Boil one pint of dried beans in the regular way. When nearly done, let the water boil down and add one can of tomatoes. Let boil one hour and add a dash of cayenne pepper and one-half cupful of grated cheese.

MRS. D. S. HALLOCK.

LIMA BEANS

Shell, wash and put into boiling water with a

little salt. When boiled tender, drain, season and dress with cream or large lumps of butter and let simmer for a few moments.

BEANS AND OLIVE OIL

Pick over and carefully wash two cupfuls of beans. Add six cupfuls of water and set on the back of the stove to parboil. Have at hand an earthen bean crock. Into this slice a small onion, drop in a pepper-pod with the seeds removed, a dessert spoonful of salt and three tablespoonfuls of olive oil (Gower's), also a sprinkle each of mustard and thyme. When the beans are swelled out and tender, but not soft, pour them into the crock adding two cupfuls more of water. Cover, set in the oven and bake twelve hours, or until a delicate brown.

MRS. AMOS HARRIS.

STRING BEANS

Choose fine young beans. Remove strings and ends. Break in two and throw into a sauce pan of boiling water, well salted. When tender, drain in a colander and put in a small piece of butter and dash of pepper.

GENUINE MEXICAN BEANS AS PREPARED IN MEXICO

Use pink beans which may be procured at all grocery stores. To two cupfuls of beans add six cupfuls of water and soak over night. If in a hurry one may boil beans without previous soaking, but the soaking reduces the time of cooking by one hour. Add a small onion and boil gently until beans will mash between fingers. Do not throw

away liquid in which beans are boiled. Into a deep frying pan place a large cooking spoonful of fresh lard. Allow to become very hot. With perforated spoon, lay beans gently into pan. To avoid setting setting fire to lard, move to back of stove. After laying in as many as will absorb lard place pan again over hot fire and mix beans and lard thoroughly until beans appear to have a coating of lard and begin to burst. Add a cupful of the liquid in which beans were boiled and gently crush beans with cooking spoon, but do not mash. Add the remainder of liquid and allow to simmer on back of stove for one-half hour or until beans are of consistency desired, either with considerable liquid but thick, or quite dry. Success depends upon observing the following rules: do not add salt until beans are boiled soft. The onion is not perceptible after cooking, only giving the beans the characteristic Mexican flavor which no spice can produce. Have lard boiling. Do not boil beans in tin. Prepared spices or Mexican chili may be added after last portion of liquid is used. Repeated warmings improve taste. If very dry, add a little water and place in oven a few minutes.

BRUSSELS SPROUTS

Pick, trim and wash a number of sprouts. Put into boiling water. Add a teaspoonful of salt. Boil for fifteen minutes in uncovered sauce pan. Drain when done and serve with melted butter.

CABBAGE

One small head of cabbage chopped fine, boil until tender, drain, add two beaten eggs, table-

spoonful butter, three tablespoonfuls cream, pepper and salt to taste. Stir well and let it come to a boil.

BAKED CABBAGE

Cook as for boiled cabbage. Drain and set aside until cold. Chop fine, add two beaten eggs, tablespoonful butter, three of cream, salt and pepper to taste. Stir well and bake in buttered dish until brown.

CARROTS

To prepare them.—If they are plunged into boiling water for five minutes, the skin can be rubbed off much more easily than by the scraping process. After cutting into thin slices, put into a sauce pan with three tablespoonfuls of butter and three of water, a little salt and pepper. Cover the dish and stew for thirty minutes. Meanwhile, beat light, the yolks of two eggs, and one-half cupful of cream. When carrots are cooked tender, pour this mixture over them in sauce pan and let it remain long enough for eggs to cook.

CARROTS, FRENCH METHOD

Boil until tender, then cut lengthwise. Melt some butter in hot spider. When butter bubbles, lay in carrots. Sprinkle with sugar, salt, pepper and chopped parsley. Fry until crisp and brown.

CREAMED CARROTS

Scrape and boil whole forty-five minutes. Drain

and cut into slices one-quarter inch thick. Cover with new milk. Add lump of butter rolled in flour with seasoning to taste. Serve in hot dish.

LYONAISE CARROTS

Lyonaise carrots are like the French method only cooking some chopped onion in the butter before putting in the carrots.

CAULIFLOWER AU GRATIN

Wash carefully and leave the head unbroken. Place it on a buttered baking plate, sprinkle with Parmesan cheese, then with buttered crumbs and bake until browned. Send to the table on a hot platter and surrounded by a rich white sauce.

GREEN CORN, BAKED

Grease a deep dish with butter. Grate two dozen ears of corn, add a teaspoonful of salt, a tablespoonful of white sugar, one quart of milk, two eggs well beaten. Lay a piece of butter the size of an egg on top and bake four hours.

MRS. MANLEY.

CORN OYSTERS NO. 1

Eight ears of sweet corn grated, two cupfuls milk, three eggs, salt and pepper, flour enough to make batter. Put tablespoonful of butter into a frying pan and drop mixture into the hot butter, one spoonful in a place. Brown on both sides. Serve hot.

CORN OYSTERS NO. 2

Grate enough fresh corn to fill a pint measure. If canned corn is more convenient, press through a colander or sieve. Add the yolk of an egg beaten light and salt and pepper to taste. Just before frying, add the beaten white of the eggs and if the mixture seems dry, add a little sweet milk. Drop in small spoonfuls into very hot butter. When a nice brown on one side, turn over. Serve while hot.

ESCALLOPED CAULIFLOWER

Cook one hour in salt water. Drain and break apart. Put a layer of cauliflower in a dish, moisten with cream sauce and sprinkle with cheese. Then another layer and so on. There should be two tablespoonfuls of grated cheese and one pint of sauce to one head of cauliflower. Cover with bread crumbs and cheese and dots of butter. Bake one-half hour in moderate oven.

K. MARDEN.

STEWED CELERY

Shred carefully. Cut in small pieces. Boil thirty minutes. Drain and add rich cream, a little flour, and butter enough to thicken cream. Dash with pepper.

BAKED CORN

Cut and scrape one dozen ears of corn. Add two eggs, butter, pepper salt and one cup of milk. Bake about twenty minutes.

KATE MARDEN.

CORN, (SOUTHERN STYLE)

To one can of corn (or five ears of green corn cut from the cob), add two slightly beaten eggs, one teaspoonful of salt, a little pepper, two table-spoonfuls of butter and a pint of hot milk. Pour into a buttered dish and bake in a slow oven until firm.

MRS. AMOS HARRIS.

EGG PLANT, (A)

Take two medium sized egg plants. Boil in water until tender. Pour off water and peel off skin. When cool, add a little salt, one-half cupful of milk, one beaten egg and flour enough to make a batter that will drop from the spoon. Drop by spoonfuls into hot lard. When brown on one side, turn, and brown the other side.

M. L. PARKHURST.

EGG PLANT, (B)

Pare and cut into slices one-half inch thick, sprinkle with salt, cover and let stand one hour. Rinse with cold water, wipe each slice dry, dip first in beaten egg, then in rolled cracker crumbs. Season with salt and pepper and fry brown in butter or lard.

PARSNIPS FRIED

Scrape and cut into long slices. Boil until tender in salted water, dredge with flour, fry in hot lard quite brown and serve hot.

SWEET POTATO CROQUETTES

Take cold boiled sweet potatoes. rub through

a colander, make into flat cakes, roll in flour, dip in beaten egg and fry in hot butter.

PLAIN BOILED POTATOES

Thoroughly scrub the potatoes, removing all rough spots and blemishes, having selected those of uniform size. Drop them into boiling salted water and do not allow the water to stop bubbling until the potatoes are done, which you can tell by trying them with a fork. When done, dash over them a cupful of cold water and drain at once. Remove the cover and set on the back of the stove to dry out. They should then be peeled and put on the table at once or they will become "soggy." Any left over can be made into salad for supper. (See salad recipe).

CREAM POTATOES

Cut cold potatoes into slices. Put milk on the stove and add enough flour mixed with water to thicken. Put in the potatoes and boil until thick. Add salt, pepper and butter. Carrots, turnips and parsnips may be done the same.

SARATOGA CHIPS

Peel good sized potatoes, slice them and drop in cold water. Put a few at a time into a towel and shake until dry. Have ready a kettle of boiling lard; drop in potatoes, stir occasionally and when brown, take out with a skimmer, sprinkle with salt and serve.

BAKED POTATOES

175 Thoroughly scrub and remove all blemishes.

Pour boiling water over them, wipe dry and lay them in the coolest part of the oven that they may absorb the heat gradually for the first fifteen minutes. Push them over to the hottest part to finish up.

CURRIED POTATOES WITH SPANISH ONION

Cut into dice shaped bits half a dozen cold boiled potatoes. Peel and slice a couple of onions and fry these with some bacon for five or ten minutes. Take out the bacon and onions, stir a teaspoonful of curry powder into the fat, put in the diced potatoes to heat through. Scatter over them chopped parsley and chopped canned Spanish peppers.

POTATO SOUFFLE, (CHAFING DISH)

Mix a pint of mashed potatoes with half a cupful of thick cream and the whites of two eggs, beaten stiff. Put two tablespoonfuls of butter in the chafing dish and when very hot put in the potatoes in large tablespoonfuls. When brown on one side, turn, brown the other and serve immediately.

BAKED MASHED POTATOES

Take two or three cupfuls of cold mashed potatoes and add one cupful boiled rice. Then add a sufficient quantity of thickened milk gravy to make moist and bake one-half hour.

TABITHA C. HARRIS.

ESCALLOPED POTATOES

Use cold boiled or baked potatoes cut in squares. Put in a spider and cover with sweet milk. Rub together one spoonful of flour and one spoonful butter, stir into milk. Sprinkle with salt. Place in a baking dish and put into oven to brown.

POTATO BALLS

Beat six boiled potatoes until fine and mealy, then add a little butter, salt, teaspoonful of chopped parsley, teaspoonful of minced onion and one well beaten egg. Work into small balls, dip into egg and cracker dust. Fry in hot butter.

MRS. MANLEY.

CREAMED BAKED POTATOES

Bake enough nice smooth potatoes to serve your family. When thoroughly baked, remove from oven, cut a piece off from one end large enough to insert a spoon. Remove all the inside and mash, then add butter, salt, pepper and cream to taste. Beat thoroughly until light, then return to the potato shells and bake until a delicate brown. Serve hot in the shells.

HELEN L. WATERMAN.

BAKED PEPPERS

Take six large peppers; cut off end and take out seeds. Break one whole egg in each, season with salt, pepper and butter. Bake until tender. Have buttered toast ready and place each pepper on toast and cover with sauce made of stewed tomatoes, run through a sieve, seasoned and thickened with flour.

MRS. T. A. HOAG.

SARATOGA POTATOES

Pare and cut in very thin slices one-half dozen new potatoes, Let stand in cold water until crisp. Dry thoroughly in a napkin, separating slices. Drop into a skillet of boiling lard. Stir until a light brown color. Take out with wire spoon. Sprinkle with salt. Serve immediately.

POTATOES, FRIED WHOLE

Peel small sized potatoes. Steam or boil until nearly done, lift out and put quickly into a stewpan with hot butter, meat fryings, beef drippings or any nicely flavored cooking fat. Shake them occasionally to prevent burning, until they are brown and crisp, then drain them from the fat. It will be an improvement if they are floured and dipped in the yolk of an egg, then rolled in finely sifted bread crumbs. This is a French method.

MRS. Z. L. WARD.

SUCCOTASH

Ten ears of green corn and one pint of lima beans. Cut corn from cob and stew gently with beans until tender. Use as little water as possible. Season with butter, salt and pepper. Add cupful of cream just before taking up.

STUFFED TOMATOES

Remove the seeds and pulp from the tomatoes by cutting a round from the stem end. Save this round to be used as a cover when the tomato is stuffed. Fill with minced chicken mixed with half its quantity of hard boiled egg yolks, a few bits

of chopped green pepper and moisten with a very little melted butter and onion juice. Add needed salt.

RHUBARB

Rhubarb, when properly prepared, is very refreshing and wholesome, but few people know the best way of cooking it. The fragrant stalks are especially succulent and need no addition of water to make the cooked sauce sufficiently juicy. Peel and cut them in inch-long pieces, put them in the upper part of a double boiler with a little sugar and steam until they are tender. The juice will be a rich, delicate syrup, tinged with a deep pink color.

TOMATOES A LA CREME

Pare and slice ripe tomatoes, one quart of fresh ones or a one-pound can. Stew until smooth. Season with salt, pepper and butter. Just before taking from fire, stir in a cupful of cream with a tablespoonful of flour stirred smoothly in a part of it. Do not let it boil after the flour has been put in. Serve in a dish garnished with small pieces of toast.

KIDNEY POTATOES

Select small smooth potatoes. Boil with their skins on, then skin, roll in flour and put into the baking pan with the roast meat for the last ten minutes.

INDIAN SUCCOTASH

Take a pint of fresh beans, the small shell

beans taken fresh from the vine, and boil in a quart of water one hour, then add the corn cut from six ears of fresh sweet corn. Be careful in cutting corn not to cut too close to cob. It is better to cut the kernels in the center and scrape the remainder off. Season with salt and pepper and cook twenty minutes after adding corn. Be careful not to scorch.

M. L. P.

TIME-TABLE FOR COOKING VEGETABLES

Asparagus, 30 to 45 minutes,
String beans, 1 to 2 hours,
Shell beans, 2½ hours,
Young beets, 45 minutes,
Cabbage, 45 minutes to 2 hours,
Carrots, 20 to 40 minutes,
Cauliflower, 20 to 40 minutes,
Celery, 20 to 30 minutes,
Corn, 12 to 20 minutes,
Egg plant, 30 minutes,
Onions, 30 minutes to 1 hour,
Parsnips, 30 to 45 minutes,
Potatoes, boiled, 30 minutes,
Potatoes, baked, 45 minutes,
Sweet potatoes, boiled, 30 minutes,
Sweet potatoes, baked, 30 minutes,
Peas, 20 minutes,
Spinach, 20 to 30 minutes,
Summer squash, 25 minutes,
Turnips, 30 minutes,
Tomatoes, stewed, 30 minutes.

Salads.

MRS. G. S. WATERMAN.

"Cheerful looks make every dish a feast,
And 'tis that crowns a welcome."

In making salads, it is necessary to have all the ingredients cold and all the vegetables fresh and crisp. If for any reason lettuce and celery and cabbage are not perfectly fresh, they can be made to seem so by putting them in water and setting them in a cold place for several hours. A little lemon juice added to the water in which celery is standing will help to blanch it—and it must be remembered that the appearance of the salad is fully as important as the taste. Almost anything that is fresh and crisp and pretty may be used to garnish a salad, radishes cut in thin slices or fancy shapes, beets cut in dice, lettuce hearts, hard-boiled eggs, parsley, slices of tomato, olives, aspic or tomato jelly cut in cubes, nasturtium leaves and flowers.

BOILED SALAD DRESSING

3 teaspoonfuls mustard,
2 teaspoonfuls sugar,
1 teaspoonful salt,
1 teaspoonful flour,
Yolks of three eggs,
3 tablespoonfuls olive oil (Gower's),
7 tablespoonfuls vinegar,
11 tablespoonfuls milk.

Boil slowly until it thickens and set away to cool. This dressing will keep indefinitely if put in a bottle and corked and it is useful for meats as well as salads. MRS. R. H. MAGILL.

COOKED SALAD DRESSING, NO. 1

Yolks of 4 eggs,
 4 tablespoonfuls milk,
 2 teaspoonfuls sugar,
 2 tablespoonfuls butter melted in $\frac{1}{2}$ cupful
 vinegar and $\frac{1}{2}$ cupful water,
 2 teaspoonfuls salt,
 1 teaspoonful Colman's mustard.

Mix salt, sugar and mustard with well beaten yolks. Stir into hot vinegar and butter which has been placed in double boiler. Stir frequently until it thickens. MRS. E. G. CHADDOCK.

COOKED SALAD DRESSING, NO. 2

$\frac{1}{2}$ tablespoonful sugar,
 1 teaspoonful dry mustard,
 A little cayenne and paprika,
 2 eggs,
 $\frac{3}{4}$ cupful sweet cream,
 $\frac{1}{4}$ cupful vinegar,
 2 $\frac{1}{2}$ tablespoonfuls butter,
 $\frac{1}{2}$ tablespoonful salt.

Mix the dry ingredients. Beat up the eggs lightly and mix the cream with them. Add these and the butter melted to the dry ingredients, in a double boiler and mix thoroughly. Then add the vinegar very slowly. If vinegar is very acid, use two-thirds vinegar and one-third water. When vinegar is thoroughly mixed in, place the boiler on the stove and stir constantly until thick.

MISS KATE WHITTAKER.

FRENCH DRESSING

1 teaspoonful salt,
 $\frac{1}{4}$ teaspoonful white pepper,
 A little paprika,
 4 tablespoonfuls vinegar,
 8 tablespoonfuls Gower's olive oil.

Mix all the ingredients and pour into a bottle. Shake for a few minutes and you will have a perfect mixture. This dressing is useful for all vegetable salads and for a marinade for chicken salad where a mayonnaise is used for the top only.

MISS KATE WHITTAKER.

BOILED DRESSING FOR VEGETABLE SALADS

2 eggs, beaten light,
 $1\frac{1}{2}$ teaspoonfuls salt,
 1 teaspoonful sugar,
 1 teaspoonful mustard,
 A little pepper,
 1 tablespoonful Gower's olive oil,
 $\frac{3}{4}$ coffeecupful vinegar,
 $\frac{3}{4}$ coffeecupful milk,

Mix these and stir until it boils; then remove from stove and beat a little with the egg beater.

REBA GORHAM LYNES.

UNCOOKED SALAD DRESSING

1 teaspoonful of sugar,
 $\frac{1}{2}$ teaspoonful of mustard,
 $\frac{1}{2}$ teaspoonful of salt,
 A little pepper,
 $\frac{1}{2}$ cupful of vinegar,
 $\frac{1}{2}$ cupful cream, sour or sweet.

Mix all the dry ingredients. Add the vinegar and mix well. Then beat up the cream very light and add to the mixture. It is better to use sour cream if you have it, as sweet cream will sometimes curdle. This dressing is especially nice for potato salad. MRS. G. S. WATERMAN.

SALAD DRESSING

3 teaspoonfuls mustard,
 3 teaspoonfuls sugar,
 1½ teaspoonfuls salt,
 3 eggs,
 3 tablespoonfuls Gower's olive oil,
 9 tablespoonfuls milk,
 9 tablespoonfuls vinegar.

Add mustard, pepper and salt to yolk of eggs. Stir well. Add olive oil, one teaspoonful at a time, then add milk and lastly vinegar. Boil in double boiler ten minutes or until it thickens a little, let cool, then add the whites of the eggs.

MRS. PRICE.

SALAD SAUCE

Boil two eggs three minutes. Mix with a mustardspoonful of prepared mustard a little pepper and salt, six tablespoonfuls of drawn butter or salad oil, six tablespoonfuls of catsup. This is excellent for cold meat, salads or fish.

MRS. KLEEBURGER.

CREAM SAUCE FOR LETTUCE OR CABBAGE

Into a bowl put two tablespoonfuls of sugar, a saltspoonful of salt and pepper, a dash of cay-

enne. Mix and add six tablespoonfuls of thick cream. Stir and add four tablespoonfuls of vinegar, more or less. MRS. TURNER.

SALAD DRESSING

1 cupful vinegar,
 2 eggs,
 3 teaspoonfuls made mustard,
 1 teaspoonful salt,
 2 tablespoonfuls sugar,
 1 pinch cayenne pepper,
 $\frac{1}{2}$ cupful of Gower's olive oil,
 1 tablespoonful flour,
 $\frac{1}{2}$ cupful sweet milk.

Beat the eggs well, make the flour smooth in the milk, add to eggs with other ingredients, beat well and stir into the boiling vinegar. Remove when as thick as you wish.

KATE MARDEN.

BOILED SALAD DRESSING, NO. 2

Cream together a heaping teaspoonful butter, stir in one egg beaten light, a teaspoonful of white sugar, one-half teaspoonful each of pepper and mustard and four tablespoonfuls of vinegar. Put all in a saucepan and cook slowly stirring all the time. When the sauce is very thick take from the fire, salt to taste and put in a cool place. Just before using, thin with cream or milk to the consistency of double cream. Good for potato salad. MRS. TURNER.

CREAM SALAD DRESSING

7 hard boiled eggs,

½ pint cream,
 1 dessertspoonful of made mustard,
 Vinegar, pepper and salt to taste.

Cream yolks of eggs, add pepper and salt, then the whites of the eggs chopped fine.

MRS. E. NASON.

MAYONNAISE DRESSING

Put the yolks of one or more raw eggs into a bowl; add a pinch of salt, pepper and dry mustard; then take a Dover egg beater and beat until thick, add two or three drops of Gower's olive oil, beat again, then a few drops of oil, beat again continuing thus until so thick as to clog the beater, then thin with a teaspoonful of lemon juice or vinegar, beat well; then add olive oil again, then lemon juice, continuing thus until you have used a pint of oil or as much as desired. When through beating it should be thick like whipped cream, and after being thoroughly chilled on the ice will be stiff like jelly. Will keep finely. In making this dressing the eggs, oil, vinegar and bowl should be as cold as possible, and it should be made in a cold room. It takes but fifteen minutes to make a pint. The old way of making it with a fork would take from two to four hours for this amount.

MRS. AMOS HARRIS.

For those who do not like so much oil in a mayonnaise, whip one-half cupful cream and fold it in, or beat up the whites of two eggs and fold in.

MISS KATE WHITTAKER.

DRESSING FOR COLD SLAW

Beat up two tablespoonfuls of sugar, a piece of

butter the size of half an egg, a teaspoonful of mustard, a little pepper and lastly a teacupful of vinegar. Put all these ingredients into a dish over the fire and cook like a soft custard. Some think it is improved by adding half a cupful of thick sweet cream to this dressing. In that case, use less vinegar. Either way is very fine.

MRS. GEORGE CLARK.

SALAD CREAM

4 tablespoonfuls of butter, or 2 of butter
and two of Gower's olive oil,
1 teaspoonful of flour,
1 teaspoonful of sugar,
1 teaspoonful of salt,
1 teaspoonful of mustard,
1 cupful of milk,
3 eggs,
A speck of red pepper.

Let butter and oil get hot. Add flour and stir until it is smooth, being careful not to brown. Beat eggs, salt and mustard. Add half a cupful of vinegar and stir into the boiling mixture. Continue until thick.

MRS. MANLEY.

WALDORF-ASTORIA SALAD

Take equal parts of beets, apples and celery. Cut in small pieces and serve with mayonnaise.

REBA GORHAM LYNES.

GRAPE FRUIT SALAD

Two cupfuls of grape fruit cut in small pieces. Serve with mayonnaise.

REBA GORHAM LYNES.

WALNUT SALAD

Take one cupful each of chopped walnuts, either the native or English walnuts, celery and apples. Combine and sprinkle over two table-spoonfuls of sugar. Let these stand ten or fifteen minutes. Immediately before serving, add the dressing. Spread whipped cream over the dish and garnish with perfect half meats. A cream dressing is preferable to one made with oil for this salad.

MRS. LOUIS H. GOULD.

PEANUT SALAD

Remove hulls and skins from one pound of freshly roasted peanuts. Wash and crisp one head of fine lettuce; select the lightest and crispest leaves and arrange for individual serving. Halve the nuts, place in the lettuce cups and dress with French dressing or with any salad dressing preferred.

MRS. LOUIS H. GOULD.

CUCUMBER AND TOMATO SALAD

Take tomatoes of equal size, cut off the top and remove the inside. Sprinkle a little salt inside and turn the tomatoes upside down to drain. Pare some cucumbers and cut up fine. Mix equal parts of the cucumber and the tomato pulp, a tiny bit of chopped green peppers and onion. Mix with a little cooked dressing and fill the tomato shells with the mixture. Serve on a bed of lettuce with a teaspoonful of mayonnaise on top.

MRS. R. H. MAGILL.

COLD SLAW

2 cupfuls finely chopped cabbage.

1 cupful finely chopped celery,
 1 cupful finely chopped apples.
 Mix with a cooked dressing and serve.

MRS. JOHN C. HAGLER.

APPLE, NUTS AND CELERY SALAD

1 cupful celery cut up fine,
 1 cupful apples cut up fine,
 ½ cupful nut meats chopped a little, (wal-
 nuts or peanuts are the best)
 3 tablespoonfuls of French dressing,
 A little salt.

Mix all together. Scoop out the inside of some rosy cheeked apples and fill with the salad. Put on the top of each, one teaspoonful mayonnaise or cooked dressing. Serve on bed of lettuce.

MRS. G. S. WATERMAN.

DAISY SALAD

Put some shredded lettuce on a plate and pour over a little French dressing. Have ready some hard boiled eggs. Cut them in two lengthwise and remove the yolks. Cut the whites in lengthwise strips and arrange like the petals of a daisy on the lettuce. Mash the yolks and mix with a little cooked dressing and place for the center of the daisy.

MRS. G. S. WATERMAN.

EGG SALAD

Take the yolks from four hard boiled eggs; rub to a paste and season with salt and pepper. Chop the whites of the eggs and a little onion together and scatter over nice fresh lettuce leaves. Put the

yolk paste in the center and pour over it a French or some other of the nice dressings mentioned in this department.

CUCUMBER AND ONION SALAD

Pare cucumbers and lay in cold water one hour; do same with onions in another bowl. Then slice them in the proportion of one onion to three large cucumbers. Arrange in a salad bowl and season with vinegar, pepper and salt.

MISS KATE WHITTAKER.

A LITTLE GROUP OF SALADS

Six pitted olives,

$\frac{1}{2}$ cupful blanched almonds chopped fine,

$\frac{1}{2}$ cupful tender, finely cut celery.

Mix with dressing and serve on lettuce.

3 cupfuls of spinach finely minced,

3 finely cut onions,

3 sprigs of parsley and thyme,

Serve with French dressing.

1 cupful lettuce,

1 cupful spinach,

$\frac{1}{4}$ cupful potatoes,

$\frac{1}{4}$ cupful carrots,

2 or 3 small onions,

1 cucumber, cut fine.

Mix all together and pour French dressing over it.

MRS. AMOS HARRIS.

FISH SALAD

2 heads of chicory cut up a little.

A few slices of tomato,
 A little onion, garlic and green peppers
 cut up fine,
 3 or 4 slices of smoked salmon, cut up fine.
 1 box sardines, mashed.

Garnish with lettuce leaves and serve with
 French dressing. MRS. R. H. MAGILL.

CUCUMBER SALAD

Pick out nice even cucumbers. Keep them on
 ice long enough to get chilled through. Cut them
 in two lengthwise and with a small potato digger
 scoop out the inside, being careful not to break
 the outside skin or shells. Fill these shells with
 the little balls and a few English walnuts chop-
 ped fine. Place each one on a lettuce leaf and pour
 a nice salad dressing over. Serve as cold as poss-
 ible. MRS. G. D. VAN VRANKEN, Michigan.

POTATO SALAD NO. 1

3 hard boiled eggs,
 1 medium sized slice of bacon,
 1 small onion,
 $\frac{1}{2}$ pint of cream, sweet or sour,
 Vinegar, pepper and salt to taste.

Cream yolks of eggs; add vinegar, pepper and
 salt; add onion chopped fine, then bacon chopped
 fine, then whites of eggs, also chopped fine. Boil
 six medium sized potatoes, slice and add a layer
 of potatoes and a layer of dressing until all is us-
 ed. MRS. E. NASON.

POTATO SALAD, NO. 2

3 hard boiled eggs,

Salt and pepper,
1 tablespoonful vinegar,
Six potatoes.

Slice the eggs and potatoes.

MISS BOWLES.

POTATO SALAD NO. 3

1 quart of cooked potatoes, chopped fine,
1 teaspoonful of black pepper,
1 tablespoonful of celery and enough raw
onion to season nicely, if desired.

DRESSING,—

6 hard boiled eggs,
1 small teacupful of vinegar,
1 tablespoonful of prepared mustard,
3 tablespoonfuls of butter.

Mix well together, then add two tablespoonfuls
of Gower's olive oil. Add the vinegar last and
salt to taste. Mix well with the potatoes and
garnish with the whites of the cold boiled eggs.

MRS. FRED NELSON.

CREAM SALMON SALAD

Upon a bed of lettuce leaves place the follow-
ing mixture:

4 sliced cold potatoes,
1 cupful of cut celery,
1 can boneless salmon,
2 hard boiled eggs cut fine.

DRESSING,—

1 cupful rich cream,
2½ tablespoonfuls vinegar,
1 teaspoonful mustard,
A pinch of salt and red pepper.

Pour dressing over salad and garnish with hard

boiled eggs and celery tops.

MRS. DAHLGREN.

SHRIMP SALAD NO. 1

1 large can of shrimps,
Best part of one head of celery,
A few lettuce leaves.

Chop all fine and put in a dish garnished with lettuce leaves and cover with dressing made as follows:

1 or $\frac{1}{2}$ cupfuls of sugar according to taste,
Yolks of two eggs,
Butter size of walnut,
 $\frac{1}{2}$ cupful of cream, (milk may be used)

Beat all together, bring to a boil, then add slowly one-half cupful of vinegar.

MRS. T. A. HOAG.

SHRIMP SALAD, NO. 2

1 can dry shrimps chopped fine,
1 head of celery chopped fine.

When each is sufficiently chopped, mix together with salt, pepper and dry mustard to taste. Then add one-half cupful of vinegar and two table-spoonfuls of Mayonnaise. Serve on lettuce leaves with a teaspoonful of mayonnaise on top.

GEORGE M. KOHLER, City Bakery.

NUT SALAD

6 olives, stoned and chopped,
 $\frac{1}{2}$ cupful almonds, blanched and chopped,
 $\frac{1}{2}$ cupful chopped celery.

Mix with salad dressing and serve on lettuce leaf.

MRS. M. L. PARKHURST.

FRUIT SALAD NO. 1

4 apples chopped,
2 oranges quartered and sliced,
2 bananas,
1 small bunch of celery,
1 cupful or less of English walnuts,

DRESSING;—

Three tablespoonfuls vinegar,
Yolks of 3 eggs.

Cool until it thickens, stirring constantly. Add one pint thick cream, sugar, salt and cayenne to taste.

MRS. KLEEBRUGER.

FRUIT SALAD, NO. 2

One dozen oranges, sliced and soaked in sugar over night. Make one quart of jelly with gelatine according to directions on package and put the oranges in the jelly when just ready to set. When thoroughly cold, serve with whipped cream. Cocoanut and pineapple may be added if desired.

MRS. JORDAN YOUNG.

FRUIT SALAD NO. 3

Oranges cut in pieces as large as the end of your thumb. Let the juice drain from them. Add one-half or one-third the quantity again of pineapple (canned will do but candied is better) cut in quite large pieces. If you can obtain candied cherries, use them also, but it is very nice with just oranges and pineapple. Put on a large spoonful of the following dressing and keep as cool as possible:

1 tablespoonful vinegar,
2 tablespoonfuls water.

2 tablespoonfuls sugar,
Yolks of three eggs well beaten.

Put together, set on stove and stir constantly until it thickens. After this is cold and just before using, add sweet whipped cream in any quantity desired.

MRS. E. V. KELLEY.

FRUIT SALAD DRESSING

Beat the yolks of four eggs until light and gradually beat in one cupful of powdered sugar. Add one-half teaspoonful of salt. Beat until sugar is dissolved then add the juice of two lemons. This sauce may be added to the salad and kept on ice for an hour before serving.

MRS. G. S. WATERMAN.

POTATO SALAD, NO. 4

Slice cold boiled potatoes enough to fill a quart dish; salt and pepper to taste. Chop two small onions very fine and add to potatoes. Put half a cupful of vinegar and one teaspoonful of butter in a pan and let heat gradually. Beat the yolks of two eggs well, pour in a cup, and fill the cup with thick sweet cream. Beat well together and stir in hot vinegar. Stir constantly until it reaches the boiling point, then pour it immediately over the potatoes and mix thoroughly.

MRS. ROY PALMER.

HEAVENLY HASH

Chop or cut up fine, bananas, oranges and pineapple. Place in glass dish in layers, sprinkling with powdered sugar to taste. Mix one glass sherry with pineapple syrup and pour over dish of fruit. Improved if placed on ice before serving.

Serve angel cake with it. This recipe may be varied, using fresh fruits in season. Apricots and pineapple combine well. MRS. J. P. MORGAN.

CREAM SLAW

One-half head of cabbage cut fine. Sprinkle over it dry mustard, salt and pepper very sparingly.

DRESSING,—

½ to 1 cupful sugar,
Yolks of 2 eggs,
Butter size of an walnut,
½ cupful sweet cream.

Beat these well together. Take one cupful good cider vinegar; let it come to a boil and stir in slowly the beaten sugar, eggs and other ingredients. Let boil. Pour over cabbage while hot and cover. If wanted more moist, add one-half cupful milk to the cream.

MRS. CHESTINA HUTCHINSON WOOSTER.

CORNERD BEEF SALAD

Cut cold cornerd beef into small pieces and sprinkle lightly with freshly grated horse radish. Mix with about one-third the quantity of cold potato cut into cubes and cover with a French dressing. Serve on lettuce leaves.

MRS. M. L. PARKHURST.

LOBSTER SALAD

1 can lobster,
6 large potatoes,
3 good sized stalks of celery.

Chop all fine, season with salt and mix with

mayonnaise dressing.

MRS. D. S. HALLOCK.

SALMON AND CUCUMBER SALAD

After boiling, while salmon is still hot, flake into small bits, sprinkle over lemon juice, onion juice, pepper and salt. Set away to cool. When ready to serve, put the salmon with thin slices of cucumber on lettuce leaves. Cover with tartare sauce. Chopped green peppers may be added.

MRS. M. L. PARKHURST.

CHICKEN SALAD

Boil three chickens until tender, salting to taste. When cold, cut in small pieces and add twice the quantity of celery cut up with a knife, but not chopped, and four cold hard boiled eggs thoroughly mixed with the other ingredients. For the dressing, put on the stove, a sauce pan with a pint of vinegar and butter the size of an egg. Beat two eggs with a tablespoonful of mustard, one of black pepper, two of sugar and a teaspoonful of salt, and when thoroughly beaten together pour slowly into the vinegar until it thickens. Be careful not to cook too long or the egg will curdle. Remove, and when cold, pour over salad. This may be prepared the day before, adding the dressing just before using. Add lemon juice to improve the flavor and garnish the top with slices of lemon.

MRS. THOMAS ATEN.

SALMON SALAD NO. 1

Set a can of salmon in a kettle of boiling water. Let boil twenty minutes. Take out of the can

and pour off the juice or oil; put a few cloves in and around it. Sprinkle salt and pepper over, cover with cold vinegar and let stand a day. Take from the vinegar and lay it on a platter. Prepare a dressing made as follows: beat the yolks of two raw eggs with the yolks of two hard boiled eggs mashed as fine as possible. Add gradually a tablespoonful of mustard, three of melted butter, or the best of salad oil, a little salt and pepper and vinegar to taste. Beat the mixture a long time, cover the salmon thickly with a part of the dressing. Tear into small bits the crisp inside leaves of lettuce. Mix with the remainder of the dressing and pour over the salmon.

MRS. THOMAS ATEN.

SALMON SALAD NO. 2

Break up salmon with a fork. Cut celery in rather small pieces, using one-third fish and two-thirds celery. Cover with the following dressing:

- 1 tablespoonful vinegar,
- 2 tablespoonfuls water,
- 1 tablespoonful sugar,
- 3 yolks of eggs well beaten.

Put together, set on stove and stir constantly until it thickens but do not let it boil; then add one-half tablespoonful butter and one-half tablespoonful mustard.

MRS. E. V. KELLEY.

Eggs.

MRS. Z. L. WARD.

Eggs are regarded by some as a great delicacy; by others as a prime article of food, but in either case, the mode of cooking has much to do with the healthfulness and satisfaction of eating. The yolk is considered much more nutritious than the white. The quality of eggs vary considerably according to the food upon which the fowls are fed. Certain foods communicate distinct flavors. Fowls that get plenty of grain produce the best and heaviest eggs; the yolks are darker and the whole egg is stronger than those produced from grass and fruit. It is said that dark shelled eggs are much richer in flavor and have larger yolks than white shelled eggs.

There are several ways to test eggs. A good way is to drop them into a bucket of water. A fresh egg will go quickly to the bottom and rest on its side. An older one will stand on the little end and as they get older and lighter, will rest farther and farther from the bottom. A bad egg always floats. This is an infallible rule to distinguish a good egg from a bad one. Eggs should be kept in a cool, dry place and handled with care as rough treatment may cause the yolks to mingle with the whites by rupturing the membrane which separates them; then the egg spoils quickly.

TO PRESERVE EGGS NO. 1

Fill a five-gallon keg with fresh eggs; pour

over them strong lime water in which has been dissolved a teacupful of salt; put a light weight on top, always taking care that the eggs are completely covered; as the water evaporates, add more. No proportions are necessary in preparing the liquid as only a certain amount of lime can be absorbed by water. The thicker the mixture, the more inconvenient it is to remove the eggs. All eggs that crack will be unfit for use.

TO PRESERVE EGGS, NO. 2

Take a colander full of fresh laid eggs and pour a teakettleful of boiling water over them. The heat of the water cooks the white of the egg sufficiently to keep out the air.

TO PRESERVE EGGS, NO. 3

Dip each egg in gum arabic water, melted grease, or a solution of water and plaster paris. In either case, a coating is formed on the shell, making it air tight. Take good fresh eggs and wrap each one in soft paper (soft newspaper will do) the same as lemons and pack them in a box with the small end down always, never allowing the shell of one egg to touch the shell of another. Put in a dark cool place and you will be surprised to see how long they keep good.

HOW TO ECONOMIZE WITH EGGS

Left over yolks of eggs put at once into a glass of cold water will keep fresh and soft for several days, while if put into a dry cup and covered, the yolks would be unfit for use the second day. Drop

them in a tin of hot water and cook, then they can be used in salads, as a garnish, or in soups. Left over whites can be used for meringues, or made into macaroons or kisses, (see candies). Where hard boiled yolks are wanted, it is much better to carefully separate the yolks from the whites and drop the yolks into water that is boiling hot; cook slowly twenty minutes. In this way the whites are saved for another purpose. Left over soft boiled eggs may be boiled again and laid aside to be used cold in a salad, sauce, or as a garnish or sandwich. To boil a slightly cracked egg without having the contents burst out of the crack, carefully pierce the shell at the big end. The unwhipped white of eggs makes a good paste for pasteing paper over the top of jelly tumblers. To beat the whites of eggs stiff, means to have them stiff enough to remain in the bowl or dish if it were turned upside down. To beat eggs lightly, stop beating before they foam. Ten common eggs weigh a pound.

BOILED EGGS

Give a fresh laid egg one-half minute longer to boil. Place the eggs in a pan or small kettle and pour boiling water over them to cover well and set on the back of the stove where they will keep hot but not boil for five minutes. Three minutes cooks the whites about right for soft boiled eggs.

MRS. J. A. TURNER.

BAKED EGGS

Take a hot platter. Break on it as many eggs as you need for your meal. Sprinkle with salt, pepper and lumps of butter. Set in the oven and

in about five minutes the whites will be set and eggs sufficiently cooked. This is a handy way on wash or ironing day when the stove is all in use. Another way is to butter some gem irons and break an egg in each one. Pepper and salt. Put a small lump of butter on each one and set in the oven. Will cook in a very short time. The irons should be hot when the eggs are broken into them.

BAKED EGGS IN TOMATO CUPS

Choose large round tomatoes; cut off the tops (do not skin them), scoop out the pulp, dust with salt and pepper; put small lump of butter in each one; place them in a pan and bake for ten minutes. An odd but toothsome luncheon. If you wish, sprinkle them lightly with cracker crumbs before putting them in the oven.

MRS. Z. L. WARD.

SCRAMBLED EGGS

Put a tablespoonful of butter into a frying pan. When hot, put in the desired number of eggs beaten lightly. Pepper and salt them and add half a cupful of milk or cream to a dozen eggs. Stir constantly and as soon as they begin to set, take them off and pour out. They must not be hard.

POACHED EGGS

Place some muffin rings in boiling water. Break an egg in each ring and it will take the form of the ring and be much more pleasing in appearance than the ordinary way. When poaching eggs for children, use beef broth or milk occa-

sionally. They will appreciate the change. Season with salt only. When poaching eggs in water always use a teaspoonful of vinegar or lemon juice to one pint of water to set the whites of eggs.

FRIED EGGS

Put a teaspoonful of butter and one-half teaspoonful of lard in the frying pan and let it get hot; then break in the eggs and fry quickly. When about done enough to suit the taste, baste them over the top with a spoonful or two of hot grease, or turn them over and take up quick. Eggs to be good, must be fried quickly and not in too much fat and taken up the moment they are done. To cook eggs in gem irons, put the irons on top of the stove to get hot; put in a small piece of butter and cook either on top of stove or in the oven.

FRIED EGGS WITH HAM

Fry the ham in its own fat, then fry the eggs afterward in the same. Dish up on the same platter.

EGGS WITH BROILED HAM OR BEEF STEAK

Broil thin slices of ham or steak. When done, put a bit of butter on each slice (if beef, pepper and salt). Poach the eggs in hot water and lay one neatly on each slice.

POACHED EGGS IN TOMATOES

Boil one pint stewed tomatoes; slip in gently

one-half dozen eggs. Keep the tomatoes just below the boiling point until the eggs are done. Serve on toast, or if preferred, break both yolks and whites with a fork when half done. Season with pepper, butter and salt.

BUTTERED EGGS OR EGG TOAST

Beat well together the whites and yolks of four fresh laid eggs. Put one and a half tablespoonfuls butter in a basin and stand it in hot water, stirring it all the time until it is melted. Pour the butter and eggs into a lined sauce-pan, hold it over a gentle fire and as the mixture begins to warm, pour it two or three times into the basin and back again that the two ingredients may be well mixed. Keep stirring the eggs and butter one way in the sauce-pan until they are hot without boiling. Send to the table on a warm flat dish with some slices of hard boiled eggs on the top, or spread very thick on buttered toast. In either way they must be served very hot.

CURRIED EGGS

6 eggs,
2 onions,
1 tablespoonful of curry powder,
1 pint broth,
1 cupful cream,
Arrowroot,
Butter.

Slice onions and fry in butter a light brown, add curry powder and mix with the broth, allowing to simmer until tender; then put in cream and thicken with arrowroot; simmer for five minutes, then add six hard boiled eggs cut in slices.

CREAMED EGGS, NO. 1

Boil four or five eggs hard. Cut them lengthwise and pour over them a white sauce which is made by rubbing together a tablespoonful butter and a tablespoonful flour. Stir this into a large cup of boiling milk. Add a little salt and pour over the eggs, or you may poach the eggs, put them in a deep dish, grate over them a little mild cheese, pour the white sauce over and place in the oven for five minutes.

CREAMED EGGS, NO. 2

Creamed eggs are made by poaching eggs in boiling water, one tablespoonful of vinegar to set the whites and one teaspoonful of salt to one pint of water. Simmer from three to four minutes (no longer); take up and have some warmed cream, butter, pepper and salt to pour over them. Serve hot or make a mock cream of one pint of boiling milk, two tablespoonfuls sugar, a little butter, two even tablespoonfuls of corn-starch rubbed smooth in cold milk; bring to a boil, stirring constantly. Then pour the hot mixture over the well beaten white of one egg, beating thoroughly all the while. Cook to the consistency of cream.

MRS. E. E. KELLOGG, Battle Creek, Mich.

EGGS A LA CREAM, NO. 1

Boil twelve eggs fifteen minutes. Line a dish with very thin slices of bread and fill with a layer of eggs cut in slices, strewing them with a little bread; pepper and salt. Rub together a quarter of a pound of butter with two tablespoonfuls of flour. Put it in a sauce-pan with a tablespoonful

of chopped parsley, a little onion grated, pepper, salt and half a pint of hot milk or cream. When hot, pour over the eggs, cover the top with grated bread crumbs and put in oven. Let it heat thoroughly and brown.

EGGS A LA CREME. NO. 2

6 eggs,
 1 tablespoonful flour,
 1 tablespoonful butter,
 1 half pint of milk,
 Salt and pepper to taste.

Boil the eggs slowly fifteen minutes, remove the shells and cut them in half crosswise. Slice a little off the ends to make them stand. Put the butter in a frying pan to melt, then add the flour. Mix until smooth, add the milk and stir continually until it boils, add salt and pepper. Stand the eggs on a heated platter, pour the sauce over and around them; serve hot.

EGGS IN CREAM

Put a half cupful or more of cream into a shallow earthen dish and place in a pan of boiling water. When the cream is hot, break in as many eggs as the bottom of the dish will hold. Cook until well set, basting them over the top with the hot cream—or put a spoonful or two of cream into individual or vegetable dishes, break an egg in each and cook in the oven, or in a steamer over boiling water.

JOSEPHINE MITCHEL.

CREAMED EGGS NO. 3

Boil six eggs twenty minutes. Make one pint

of cream sauce. Have six slices of toast on a hot dish. Put a layer of sauce on each one, then a part of the whites of the eggs, cut in thin strips, then a layer of yolks rubbed through a sieve. Repeat and finish with a third layer of sauce. Place in the oven about three minutes. Garnish with parsley and serve.

K. MARDEN.

EGGS WITH CREAMED BEEF OR COD FISH

Just before dishing the beef or fish, poach as many eggs as there are persons to be served and place in the dish, pour the hot creamed meat over them and serve. Another way is to drop the eggs into the pan with the meat and let them cook until done. Care must be used not to break the eggs in transferring from the pan to the dish.

EGGS WITH CREAMED POTATOES

Peel some small potatoes or three or four good sized ones; cut them in pieces about one and one-half inches thick; cook in stew kettle with three pints of hot water; when nearly done, add salt, pepper, tablespoonful of butter, teaspoonful of flour and a cupful of heated milk or cream. Break four or five eggs in the liquid on top of the potatoes and poach until sufficiently cooked. Lift the eggs out with a tablespoon on a warm plate and put on some butter, pepper and salt; take up the potatoes and serve an egg with each spoonful of potatoes or slip the eggs on top of the potato dish and serve.

MRS. Z. L. WARD.

EGGS WITH FRIED POTATOES

Fry the potatoes nicely and break over the top

two or three eggs and stir into the potatoes while hot enough to cook the eggs. A better way is to break the eggs into a cup, pour in a spoonful of hot water and give them a whip or two with a fork, just enough to break them; the water keeps them from being stringy.

EGGS WITH ONIONS

Cut an onion in small pieces like dice, fry it lightly in a tablespoonful of butter then dash in a teaspoonful of vinegar. Butter a shallow dish, sprinkle the onions over it and break in five eggs. Be careful not to break the yolks. Bake in a hot oven until the whites become a delicate film. Dust with salt and pepper and sprinkle all over with bread crumbs fried delicately brown in butter. Garnish with water cress or parsley.

EGG CHOWDER

Fry some pork; peel and slice some onions in the hot fat; slice some potatoes on top and let cook; season with pepper and salt. Stir to keep from burning and just before taking off break in as many eggs as there are persons to serve and let boil up sufficiently to cook them through; season with pepper and salt. If there is not enough fat, use some butter. Be careful not to put in too many potatoes. One large onion and two common sized potatoes is about right.

MRS. Z. L. WARD.

EGG BALLS

Yolks of four hard boiled eggs mashed fine with the yolk of one raw egg, a teaspoonful of

flour, salt and pepper to taste and a sprinkle of parsley. Make into balls half the size of a thimble and boil in clear water slightly salted for two minutes. To be added to soup when ready to serve.

DEVILED EGGS, NO. 1

Put the required number of eggs into a kettle, pour cold water over them and allow it to come to a boil and boil steadily for ten minutes. Remove the shells and cut the eggs in half the round way. Take out the yolks and clip off each rounded end so they will stand like little cups. Then mash the yolk, add salt and vinegar sufficient to make a very smooth stiff paste. If desired, chow-chow or finely minced ham, either is good, may be added. After the whites have been refilled with the mixture, sprinkle a little black pepper over the top of each one. These are nice served with salad.

EMMA BARNETT.

DEVILED EGGS, NO. 2

Boil a dozen eggs full twenty minutes; drop in cold water and remove the shell. With a sharp knife cut in halves lengthwise; take out the yolks carefully and rub fine; season with pepper, salt, a little cayenne, a tablespoonful of prepared mustard, and three tablespoonfuls of melted butter. Mix all thoroughly together and fill the eggs with the mixture. Put the halves together and tie with a thread. If for picnic, tie with very narrow ribbon.

DAISY M. EVERAULL.

STUFFED EGGS

Cut a piece off of very hard boiled eggs. For

stuffing, use the yolks made very fine and some very finely chopped ham or veal, or bits of beef or dried beef, salt, pepper, a little dash of cayenne or pepper sauce, butter and cheese. A few drops of onion juice or bottled mustard is good. Any or all of these make very good stuffing for eggs if properly mixed together. Stuff and fasten the end piece on with tooth-picks cut in two. If stuffed eggs or deviled eggs are to be served hot, dip in beaten egg, roll in cracker dust and fry in hot lard or put them on a tin plate with some butter; put in what is left of the stuffing, sprinkle cracker dust over and bake. Boneless sardines with the skin removed, minced fine, also oysters make good stuffing when mixed with the yolks.

PICKLED EGGS, NO. 1

Boil eggs very hard and remove the shell; take one teaspoonful each of cinnamon, allspice and mace, put in a little muslin bag in cold water, boil well and if it boils away, add enough to make one-half pint when the spices are taken out. Add one pint of strong vinegar; pour over the eggs. If you want them colored, put in a little beet juice. Another way is to boil six beets until tender using a little sugar in the water to cause them to keep their sweetness. Do not break the skin or they will lose both their color and sweetness. When done, remove skins and slice. Boil one dozen eggs, remove shells and add to the beets; while beets and eggs are still warm cover with good vinegar. MRS. M. A. MARSTON.

PICKLED EGGS, NO. 2

Put a quart of strong vinegar in a stew-pan

with one-half ounce black pepper, one-half ounce Jamaica pepper, one-half ounce ginger and let simmer fifteen minutes. Boil sixteen fresh eggs twenty minutes; dip in cold water and shell; put in a jar and pour over the vinegar boiling hot. When cold, tie a bladder over the top to exclude the air, or a paper dipped in the unbeaten white of an egg and newspaper on top.

Z. L. WARD.

EGG GEMS

To one cupful of finely chopped meat add one cupful of bread-crumbs, one spoonful of finely chopped onion; season with pepper and salt and a spoonful of melted butter. Add enough milk to bind together. Have large gem pans well greased and nearly fill with the mixture. Break an egg carefully on top of each one. Dust with salt and bake eight minutes.

EGGS ON FOAM

Break six or eight eggs; be careful not to break the yolks and beat the whites to a stiff froth; place them on a baking pan in a cone shape; make holes in the beaten whites and place the yolk in them. Sprinkle each yolk with white pepper, salt and bits of butter, put in slow oven a few minutes and serve hot. The whites should be beaten thoroughly stiff. Hasten into the oven or the yolks will sink into the whites too deep.

MRS. Z. L. WARD.

SNOW EGGS

Eggs,

1 quart milk,
Lemon rind or vanilla.

Put the milk into a sauce-pan with rind of half a lemon and sugar to sweeten nicely. Steep and bring to the boiling point. Beat the whites to a very stiff froth, adding a little salt and drop from spoon into the hot milk. Keep turning each spoonful until cooked; place them on a glass dish add just a little more sugar and vanilla, pour the hot milk in the well beaten yolks, place this dish in a sauce-pan of boiling water and stir it one way until the mixture thickens. Do not allow it to boil or it will curdle. Pour this custard over the whites; they should rise to the top. To be eaten cold or warm.

NORMA WARD BAKER, Salem, Ore.

SNOW EGGS AND CUSTARD

Break eight eggs, leaving out the whites of four; add to them when well beaten, one quart of milk and five ounces of sugar. Have a shallow pan of hot water in the oven, set the dish into it and bake until the custard is thick, then set away to cool. When cold, beat the remaining four whites to a stiff froth, add half a pound or coffee cupful of sugar and teaspoonful of lemon juice and lay the whites over the top in heaps but do not let them touch.

HEN'S NEST

Take the number of eggs you wish and make a hole in one end with a pin. Take out all the white and yolk, fill the shells with a liquid blanc mange, stand each shell in a cup and put away to cool. Put some orange marmalade on a dish;

when the blanc mange is hardened, break off the shells and stand the eggs whole in the center of the orange marmalade. This looks like a nest of eggs and is quite pretty on a supper table.

TO COLOR EGGS FOR EASTER

Wind strips of bright colored calico around them and then boil in lye. You will find them gayly colored. To color eggs yellow, boil them with onion skins.

EGGS A LA SUISSE

4 eggs,
1 tablespoonful butter,
2 tablespoonfuls grated cheese,
Buttered toast,
 $\frac{1}{2}$ cupful cream,
Salt and paprika.

Melt the butter, add cream and when hot, slip the eggs gently in. When they are just set, season, sprinkle with the cheese, and lay each egg on a piece of toast. Pour the cream over and serve at once.

Omelettes.

Comparatively few of our housekeepers dare attempt to make an omelet, but there is nothing difficult about it. The chief cause of failure is in not having the spider or skillet hot enough or in making an omelet too large for the pan. Tin pans or frying pans should not be used as they are too thin and the omelet is liable to burn in spots. The spider should always be hot enough

for the fat to instantly hiss. If butter is used for the pan, always use less salt in the omelet. The common rule is one egg for each person and nearly one teaspoonful of liquid to each egg; milk is generally used, cream is much better, or a few spoonfuls of hot water in case milk is not handy makes the omelet very tender. Never use more than four or five eggs for one omelet; if more is needed, better make two or more omelets; if too thin in the pan they are not good. The skillet or omelet pan should always be very smooth.

PLAIN OMELET

Beat the yolks of four eggs to a cream; add three or four tablespoonfuls of cream or milk, one tablespoonful of flour, just level full, one-fourth teaspoonful of salt, pepper to suit the taste. Beat the whites to a stiff froth and fold or beat (do not stir) them gently in. Have the skillet smoking hot; put in a tablespoonful of butter and then the mixture. Do not stir after it goes in. Cook over a moderate fire and do not allow it to scorch on the bottom, better set on top of lid if the stove be hot enough. As soon as set, cut in the middle and lay the two soft sides together or set in the oven on the grate two minutes to finish cooking. Serve hot. Another way is to beat the whites and yolks of five eggs together thoroughly, add one tablespoonful of cream or milk and a little pepper and salt. Pour the mixture in a hot buttered skillet and as soon as the omelet begins to thicken well, begin to roll it up from one side like a jelly roll and if there is any moisture in it, let it run down to the side or lower end and keep rolling until it is all rolled up; set skillet off, cover for five minutes.

PLAIN AND FANCY OMELETS

When well made, omelets are a fine dish for breakfast or luncheon, a delicate light something that satisfies the appetite by its savoriness. Often broken bits of food remain, not enough for a dish and yet too good to throw away. Here is where the omelet finds important uses. Bits of meat may be finely minced or sliced very thin, warmed two minutes in a little thin cream, bits of butter and a teaspoonful of flour then poured over the omelet either before or after folding it up.

OMELET WITH ASPARAGUS TIPS

Omelet with asparagus tips is made by cooking two cupfuls of asparagus tips in boiling water and a little salt; cook tender, drain and add a tablespoonful of sweet thick cream and minced parsley. Prepare and cook the omelet and pour the mixture over one half, then cut or turn the other half over it; take up the omelet and pour the balance of asparagus on and around it.

VEGETABLE OMELETS

Young sweet peas make a delicate omelet. Tomatoes, mushrooms, sweet corn and cheese may be added. Sweet corn is grated from the cob and cooked ten minutes in enough cream or milk to make it creamy. Cheese is grated and sprinkled over the top before serving.

TOMATO OMELET

Tomatoes thickened with bread crumbs, sea-

soned with salt, pepper, chopped parsley and sugar. Add one egg to every pint of this mixture. Sprinkle bread crumbs over the top and bake forty minutes. A nice dinner dish. Another way is to beat up six eggs, mix two tablespoonfuls of flour with a little milk and add pepper and salt to taste. Peel and chop fine four tomatoes; stir all together and fry in butter. Oyster omelet may be made in the same way using oysters instead of tomatoes.

OYSTER OMELET, NO. 1

Proceed as in plain omelet and just before folding over, cover one-half with well drained oysters, season with salt and pepper and pour over them a tablespoonful of melted butter. Fold the omelet and set in the oven for two or three minutes until the oysters are cooked through.

OYSTER OMELET, NO. 2

Stew one dozen oysters in their own liquor if possible, if not, use a very little water. Roll two or more lumps of butter size of walnuts in flour; put in and let come to a boil; season well with pepper and salt. Take out the oysters, chop them and if necessary to thicken, add a little flour to the sauce. Put back the oysters and set on the back part of the stove. Beat four eggs very light and add two tablespoonfuls of milk or cream. Fry in a well buttered frying pan. When done, remove to a hot platter or deep plate and pour the oyster sauce over them. Serve hot.

SHRIMP OMELET

Prepare the shrimps and stew in a little butter

for five minutes. Make an omelet with six or eight eggs and one half a cupful of cream; season with one spoonful of finely chopped parsley, salt and pepper. When done lay the shrimps on and fold over. Garnish with parsley.

HAM OMELET

3 eggs,
4 tablespoonfuls butter,
2 tablespoonfuls minced lean ham,
Pinch of pepper.

Fry the ham two minutes in a little butter. Then mix the other ingredients all together and proceed as with a plain omelet. Serve very hot. Lean bacon or tongue will answer the same purpose and should be cooked slightly before mixing.

OMELET WITH HERBS

Six eggs,
 $\frac{1}{2}$ tablespoonful chopped parsley.

Beat eggs in a bowl four minutes. Add one-quarter of a cupful of cream and again beat. Melt one-half of an ounce of butter in an omelet pan and when hot add the eggs. When they begin to thicken, sprinkle lightly with salt and pepper and spread the herbs over the surface. Fold and serve.

BACHELOR'S OMELET

Take one-third teacupful of milk—cream is better—add a tablespoonful of flour; mix well. Break four eggs, put the whites into a bowl, drop the yolks into the cup of flour and milk, add a pinch of salt to the whites and beat them stiff; beat the yolks and milk a little, then empty the

cup into the bowl; beat a little. Put a tablespoonful of butter into the skillet; have it smoking hot; pour in the mixture; sprinkle with pepper. As soon as it is set enough, turn it over or roll it up, let cook five or six seconds longer and serve. If eggs are scarce, use more milk and flour, but the more milk and flour used, the nearer the omelet gets to a pan-cake. A BACHELOR.

OMELET WITH CHEESE

4 eggs,
 ½ cupful milk,
 1 teaspoonful flour,
 A little parsley,
 ½ teacupful grated cheese,
 Pepper and salt,
 1 teaspoonful butter.

Beat the eggs very light and then add the other ingredients. Beat all well together and pour into a pan in which a large tablespoonful of butter is heated; let cook until light brown, then fold it over and dish for the table. Shake the pan while the omelet is cooking. Must be eaten as soon as removed from the stove. MISS WISTER.

RICE OMELET

Beat half a cupful of boiled rice and a cupful of milk to a smooth paste and add two eggs well beaten. Salt and pepper to taste. Fry until brown, double, cover with sugar and serve at once.

SWEET OMELETS WITH FRUITS

These are excellent for lunch or dessert. For

raspberry omelets, make a syrup of one cupful of water and one-half cupful of sugar; boil ten minutes. When the omelet (from which pepper has been omitted) is ready, add to the hot syrup two cupfuls of ripe raspberries and a tablespoonful of lemon juice; add half to the omelet, fold or roll up like a jelly cake, slip on a platter and pour the rest of the mixture about it. Strawberries, blackberries, Loganberries, sliced bananas, oranges, grated pineapple or peaches, cut up, may be prepared satisfactorily in this way.

JAM OMELET

Jam alone, or mixed with whipped sweet cream may be spread over the omelet, or dust the omelet with sugar and pour about it a portion of marmalade sauce. This is made by heating a cupful of marmalade, a tablespoonful of lemon juice and a tablespoonful of any kind of liquor preferred.

ORANGE OMELET

Beat the yolks of six eggs with one teaspoonful of powdered sugar. Whip the whites to a stiff froth and pour the egg and sugar mixture over them. Mix lightly, at the same time adding the juice and grated rind of a large orange. Melt a tablespoonful of butter in a frying-pan and tilt it about until the bottom and sides are well greased. Pour in the omelet and cook slowly. When firm and nicely browned, set in a hot oven for two minutes, then fold it together; place on a heated dish and serve at once.

Entrees, Breakfast and Luncheon Dishes.

BANANA FRITTERS

- 1 $\frac{1}{4}$ cupfuls of flour,
- 2 teaspoonfuls of baking powder,
- 1 tablespoonful of powdered sugar,
- $\frac{1}{4}$ teaspoonful of salt,
- $\frac{1}{4}$ cupful of sweet milk,
- 1 egg,
- 1 tablespoonful of lemon juice,
- 3 bananas.

The bananas should be skinned, chopped and rubbed through a sieve. Sift the dry ingredients together; beat the egg and mix with milk; add this to the dry ingredients, banana pulp and lemon juice. Have fat at temperature of 360 degrees Fahrenheit. Use two teaspoons in putting the batter into the fat, keeping one hot all the time so that the batter will not stick. Let brown and remove from the fat.

MISS EMMA BARNETT.

CREAM FRITTERS

- 1 pint milk,
- Yolks of 6 eggs,
- Whites of 2 eggs,
- $\frac{1}{2}$ pint of flour,
- 2 tablespoonfuls sugar,
- 3 heaping tablespoonfuls butter,

$\frac{1}{2}$ teaspoonful salt,
A little lemon or other flavoring.

Put half the milk in a double boiler. Mix flour to a smooth paste with the other half; stir this into boiling milk; cook five minutes, stirring constantly, then add butter, sugar, salt and flavoring; beaten eggs next, stir in and cook one minute. Butter a shallow cake pan and pour mixture in. It should be about one-half inch thick in the pan. Set away to cool. When cold, cut in small squares. Dip these in beaten egg and cracker crumbs and drop in boiling fat. Sprinkle with sugar and serve hot.

MRS. JOHN J. DOREN, "ST. CLOUD."

CHEESE BUNS

1 pint of flour,
1 heaping teaspoonful of lard,
 $1\frac{1}{2}$ teaspoonfuls of baking powder.

Make a biscuit dough; mix with enough milk to roll out about one-half inch thickness of dough, then quickly spread with meat, chicken or cheese chopped fine, roll up and cut into half-inch thickness as for jelly cake. Cut slices one and one-half inches wide and bake in a quick oven. When done, have a bowl of gravy of whatever you have your dough spread with and pour over each in sauce dishes on the table. If cheese, boil your grated cheese with milk for gravy and season.

CHEESE BALLS

1 and $\frac{1}{2}$ cupfuls of grated cheese,
1 tablespoonful of flour,
 $\frac{1}{4}$ teaspoonful of salt,

$\frac{1}{4}$ teaspoonful of mustard,
A few grains of cayenne.

Mix together; beat whites of three eggs and add to this mixture. Shape into balls the size of English walnuts. Roll in cracker crumbs, fry in deep fat and drain on brown paper. Garnish with parsley.

COTTAGE CHEESE

Scald a pan of thick sour milk until it begins to separate into curds and whey. Pour into a thin muslin bag and let it drain for one hour or until it ceases to drip. Place the curds in an earthen dish, add a little salt and pepper and one-half cupful rich cream or two tablespoonfuls of butter. Mix together thoroughly and it is ready to serve, or if you like it more solid, let it drain four or five hours, then add the cream and salt. It will then be more solid and you can mould it with your hands into soft balls and serve. M. L. P.

CHEESE FONDA

1 tablespoonful butter,
1 cupful milk,
1 cupful stale bread-crumbs (inside of loaf),
2 cupfuls cheese ($\frac{1}{2}$ pound),
2 eggs.

Melt butter, add milk and bread, then cheese. Stir until cheese is melted. Beat eggs well and put in last; season with salt, cayenne and a little mustard.

BABY OMELETS

4 eggs,
1 tablespoonful flour,

A little milk,
Pinch of salt,
1 cupful warm milk.

Beat the eggs, yolks and whites separately; to the yolks add the flour, stir in a little milk and a pinch of salt, also the warm milk, then the whites. Bake in gem pans and serve with cream dressing.

CHEESE STRAWS

1 cupful flour,
 $\frac{1}{2}$ cupful grated cheese,
 $\frac{1}{2}$ cupful butter,
Yolk of 1 egg,
 $\frac{1}{2}$ teaspoonful baking powder,
Salt, pepper and lemon juice.

Rub the butter lightly into the flour, into which the baking powder has been lightly sifted. Add the cheese, salt and pepper; mix to a light paste with yolk of egg and lemon juice. Roll out on a floured board, cut into strips the length and width of the little finger. Bake ten minutes in a hot oven. Serve with cheese or salads.

CLAM BROTH

Scrub two dozen clams thoroughly and place them on the stove in a kettle with one quart of cold water. When the shells open, remove them and allow the broth to settle. Reheat and season with a little red pepper and lemon juice and thicken with one heaping tablespoonful of flour rubbed into an equal amount of butter. Serve hot with a heaping teaspoonful of whipped cream on the top of each plate of soup. Divide Boston crackers and toast their broken surfaces in the oven, after buttering and serve warm.

COLD POTATOES

Cold mashed potatoes can be made as good as when fresh cooked by placing them in a double boiler with a very little milk and thoroughly heating them, stirring well.

CORNEB BEEF, HASHED

A dish which may be made either relishable or wholly unfit to offer is corned beef hash. Use equal quantities of the cold baked or boiled potato and chopped beef, removing the gristle; over this, grate half of a moderate sized onion and season with pepper and salt. Put in the frying pan a tablespoonful of butter and when it commences to bubble, add the hash. Moisten with beef stock and let simmer from ten to fifteen minutes. Fold in omelet shape, place poached eggs over the mound of hash and garnish with parsley.

CROQUETTES, CHICKEN

Take the remnants of a cold boiled or roasted chicken and if there is not enough, add chopped mushrooms, cold cooked veal, sweetbreads or calf brains. Bind with one or two eggs and season to taste. Shape into croquettes, dip in egg and crumbs, fry in deep fat and serve with any preferred sauce. This makes a nice dish for luncheon.

LIZZIE KAISER.

CROQUETTES, HOMINY

Into a pint of rapidly boiling salted water sprinkle slowly half a cupful of hominy. As the

water boils away, add half a cupful of rich milk. When the hominy is thoroughly cooked, set aside to cool and when firm, form into small pyramids. Roll in beaten egg and cover with very fine bread-crumbs. Fry in deep hot lard and serve as a vegetable.

CROQUETTES, MEAT

Chop fine any kind of meat; take one cupful, sprinkle it with one teaspoonful each of lemon juice and chopped parsley, add one-half teaspoonful celery salt with pepper and salt to suit. Melt two teaspoonfuls of corn starch, add to one-half cupful cream and boil until thick. Pour this over the chopped seasoned meat and let it cook until thick. Spread on a platter to cool. After this, you may form into egg shaped pieces and fry in hot lard.

LOU NASBURG, Oregon.

CROQUETTES, MUSHROOM

Wash half a pound of nice, fresh mushrooms, peel them and cut off the stems; cut the flaps into dice and put the skins and stems in a sauce-pan with a cupful of water and cook for ten minutes. While these are cooking, put a heaping tablespoonful of butter in a spider, when hot, add the mushroom dice and let them cook until tender, then add a desertspoonful of flour and when it is cooked, add the water the stems were boiled in and salt and pepper to taste. If the sauce is too thick, add a little more water. Stir in at the last a teaspoonful of finely minced parsley, a few drops of lemon juice and the well beaten yolk of one egg. Stir well, remove from the fire, fill the shells, sprinkle bread crumbs over the tops and a

little melted butter. Put in the oven for an instant to brown.

CURRIED LOBSTER

- 1 can lobster,
- 1 teaspoonful lemon juice,
- $\frac{1}{4}$ teaspoonful curry powder,
- 1 tablespoonful butter,
- $\frac{1}{2}$ tablespoonful flour,
- $\frac{1}{2}$ cupful scalded milk,
- $\frac{1}{2}$ cupful cracker crumbs,
- $\frac{1}{2}$ teaspoonful extract of beef.

Cream butter and flour; add scalded milk, then the lemon juice, curry powder, salt and pepper. Add the lobster to the sauce, cover with buttered crumbs and bake until the crumbs are brown.

MRS. ROY R. GIFFEN.

EGG MILK TOAST

Take nice fresh bread; slice and toast. Make the usual thickened milk or cream gravy. Boil one egg hard remove the white and rub through a sieve into the hot gravy, then pour it over the toast and sprinkle over it the grated yolk.

HAMBURG STEAK

- 1 pound Hamburg steak,
- $\frac{1}{2}$ onion, chopped fine,
- $\frac{1}{2}$ teaspoonful salt,
- $\frac{1}{3}$ teaspoonful thyme,
- $\frac{1}{3}$ teaspoonful pepper,
- $\frac{1}{3}$ teaspoonful sage,
- 1 egg,
- 1 cupful bread crumbs.

Mix thoroughly, roll into small balls and dust with flour.

SAUCE,—Put one-half kitchenspoonful lard into a sauce-pan; when hot, add a little onion chopped fine and a little piece of garlic; let brown, then stir in one tablespoonful of flour. When browned, add a quart of boiling water. Season with salt, pepper, thyme, sage and two bay leaves. Let boil fifteen minutes, then drop in meat balls. Put on slow fire and let boil two hours.

DUMPLING

2 cupfuls flour,

1 egg,

1 teaspoonful of baking powder,

1 teaspoonful salt,

Sweet milk enough to make a stiff batter.

Drop from a spoon into any meat or chicken broth; boil for fifteen minutes. Sour milk and soda may be used instead of sweet milk and baking powder.

MRS. HARDAWAY.

MEAT POTPIE

Cut meat in small pieces; cook until tender in water to cover; add pepper, salt and onion if not distasteful. Twenty-five minutes before serving, take one pint of flour, one heaping teaspoonful of baking powder, a little salt and mix to a stiff batter with sweet milk. Drop over meat in spoonfuls and put on tight cover.

OYSTER COCKTAIL NO. 1

1 drop tobasco sauce,

2 teaspoonfuls Worcestershire sauce,

- 1 teaspoonful lemon juice,
- 2 teaspoonfuls tomato catsup.

This is for each glass. Cut the oysters fine; place in glass and sprinkle with salt. Serve in small glasses. One pint oysters will serve six persons.

OYSTER COCKTAIL NO. 2

- 1½ cupfuls tomato catsup,
- 1 tablespoonful vinegar,
- 4 drops tobasco sauce,
- Juice of one lemon,
- Pepper and salt to taste.

Use small oysters, the smaller the better, allowing six for each person and put at least a tablespoonful of the dressing over the oysters. Serve in sherbert glasses with a little chipped ice. This will serve ten persons.

OYSTERETTES

Drain the liquor from a small can of cove oysters. Roll five or six soda crackers fine; add one egg, the oysters, a teaspoonful of salt, a dash of pepper and one teaspoonful of baking powder. Stir all together and add enough of the liquor to make it the proper consistency for frying. Drop in tablespoonfuls in hot lard and fry a nice brown on both sides.

MRS. E. MAGUIRE.

SWEET POTATO BALLS

Take cold boiled sweet potatoes; remove the skins, rub the potatoes through a colander, make into flat cakes, dip into flour and fry in hot butter.

POTATOES WITH CHEESE

Mince fine cold boiled potatoes; put in a shallow pan with a cupful of cream or milk. Sprinkle with salt and pepper and grate cheese thickly over the top. Bake twenty minutes.

POTATO SURPRISE

Take some cold mashed potato and shape into biscuit shaped balls. Take out the center of the balls with a spoon. Take a little cold meat minced and seasoned with pepper, salt and onion. Add a little of the gravy then fill the little cups with this mixture. Put the potato that was removed over it, brush with milk or egg and put a few bread-crumbs over the top. Bake in a hot oven until brown. MISS EMMA BARNETT.

POTATOES, CREAMED

Cold boiled potatoes,
1 tablespoonful butter,
1 tablespoonful flour,
1 cupful milk.

Cream butter and flour; cook together until they bubble; add milk and season with salt and pepper. To this, add one and one-half cupfuls of chopped potatoes. Put into a buttered dish and bake twenty minutes. MRS. ROY R. GIFFEN.

POT POURRI

Brown a pint of stale bread in a frying pan. Take one-half cupful nuts grated, one-half cupful cheese dried and one-third cupful milk. Mix the nuts and cheese together. Place a layer of bread

in a baking pan, then a layer of the mixture and so on alternately until all is used. Pour the milk over all and bake in moderate oven.

MRS. ROY R. GIFFEN.

STRING BEANS

Take three tablespoonfuls of melted fat to a quart of string beans after they are prepared. Heat fat, add beans and cover; cook about ten minutes stirring occasionally, then add a little water and simmer one hour, adding water when needed; season with pepper and salt.

MRS. MATTEL.

STUFFED PEPPERS

1 cupful bread-crumbs,
1 cupful milk,
1 cupful minced cooked meat,
 $\frac{1}{4}$ teaspoonful pepper,
1 teaspoonful salt,
1 teaspoonful onion juice,
 $\frac{1}{4}$ teaspoonful paprika,
1 teaspoonful minced parsley,
1 egg,
A few buttered crumbs,
A few drops of celery extract.

Parboil the peppers for five minutes. Mix all the ingredients together except the buttered crumbs. Fill peppers with ingredients and place in a pan with a little boiling water. Sprinkle the tops of the peppers with the buttered crumbs and bake about twenty minutes.

MISS EMMA BARNETT.

SWEET-BREADS, FRIED

Remove from sweet-breads all skin and fat and shape into suitable pieces to fry. Plunge into boiling water for about two minutes. Remove from water, drain and dry with a cloth. Dip each piece in beaten egg, roll in grated bread-crumbs, sprinkle with salt and pepper and fry in butter. Serve with mushrooms cooked in cream or with green peas, or plain with a few pieces of lemon.

MRS. L. H. GARRIUS, in "Crumbs from Everybody's Table."

SWEET POTATO PUDDING

1 cupful sweet potatoes,
 1 cupful sugar,
 ½ cupful molasses,
 A pinch of salt,
 A little grated orange peel.

Mash the potatoes smooth with a silver fork. Stir with it the beaten yolks, the sugar and molasses, salt, orange peel and milk enough to make a stiff batter. Bake, stirring in the first crust that forms.

Mushrooms.

The wild variety is much superior to the cultivated and less dangerous. It is not difficult to distinguish between a good mushroom and a poisonous toadstool if one uses reasonable care. A good mushroom is a dirty white color on top and pink or salmon underneath when they first spring up; after twenty-four hours, whether gathered or

not, the pink turns to brown. The poisonous kinds are of many colors, some of them very beautiful, but like many other beautiful things, very dangerous. Those of a dead white above and below are especially to be avoided. The skin can also be easily peeled from the edges of a real mushroom which is not the case with the false. If you are still in doubt, stir them while cooking with a silver spoon, and if it turns black, you will be on the safe side if you throw them away.

STEWED MUSHROOMS

Stewed mushrooms make a delicious little entree at breakfast or dinner. Place a quart of peeled mushrooms, stems and all, in a stew pan with a very little cold water, and cook for fifteen minutes; mix a tablespoonful of flour with three of cream and stir into the boiling vegetable; add butter the size of an egg, and salt to taste.

BAKED MUSHROOMS

Mushrooms of the larger size are nice for baking. Lay them tops down upon a baking dish; season with salt and pepper and place a bit of butter in each inverted cup. Bake in a hot oven twenty minutes, basting several times with butter and water. If they are at all dry, pour a little melted butter over them when going to the table and in any case, squeeze on a few drops of lemon juice. The larger-sized ones may be broiled on an oyster gridiron. Score the tops, dip them in melted butter, season well and broil over a clear fire. About two minutes on each side will suffice. Lay on a hot dish and pour on a little melted butter and lemon juice.

PIMIENTO MORRENOS

Take red peppers and toast them; then scrape off outside. Grate stale cheese and pack in peppers. Beat one egg with one tablespoonful flour and a pinch of salt. Wrap this around peppers. Fry in hot fat two to four inches deep for three minutes. Take out and put in colander to drip.

SHRIMP CROQUETTES

Chop fine one cupful of picked shrimps and add one cupful of finely chopped mushrooms. Place in a double boiler one cupful thin cream, add one tablespoonful flour rolled in one tablespoonful of butter. Cook five minutes, add shrimps and mushrooms with one tablespoonful grated onion, one teaspoonful salt, dash of cayenne and one tablespoonful lemon juice. Mix well, cool and form into pointed croquettes, roll in cracker crumbs and fry in deep fat. Arrange these down the center of a dish; put a deep row of parsley down each side and serve hot with tomato or mushroom sauce and Waldorf potatoes.

MINCED OYSTERS

1 quart oysters,
1 quart bread-crumbs,
4 eggs,
2 small onions,
The juice of one lemon,
A little nutmeg,
1 tablespoonful of butter.

Chop the oysters rather fine, mix with bread-crumbs, toasted and rolled fine. Break the yolks of two eggs into this mixture, also add the yolks

of two hard boiled eggs and the onions chopped fine. Add the other ingredients with pepper and salt to taste. Put on the fire and stir until well mixed. Fill the shells, sprinkle with bread-crumbs and put in oven to brown.

MRS. C. L. STONE, San Francisco.

OYSTER POULETTES

2 tablespoonfuls butter,
 2 tablespoonfuls flour,
 1 cupful oyster liquor,
 1 cupful milk or cream,
 2 eggs,
 1 dozen oysters.

Melt the butter in a chafing-dish; add the flour and oyster liquor (one cupful) then the cream and the beaten yolks. Lastly add the oysters with pepper and salt to taste. A tablespoonful of sherry may be added. MRS. C. L. STONE.

STUFFED ARTICHOKEs

Two more than are to be stuffed are required. Clean and boil. Take off leaves and scrape off eatable portions and chop with the two extra hearts. Mix with one large tablespoonful of mayonnaise and put back in heart.

SAUCE,—

1 tablespoonful butter,
 ½ onion chopped fine,
 1 tablespoonful flour.

Brown in frying-pan, then add half-pint cream, and one-half pint soup stock. Strain into a double boiler (add a few mushrooms if you like), cook a few minutes and pour over artichokes. Put all in oven ten minutes and serve on toast.

MRS. C. L. STONE.

SCOTCH POTATO SCONES

1½ cupfuls flour,
1 egg,
⅓ cupful butter,
1 cupful mashed potatoes,
2 teaspoonfuls baking powder,
½ teaspoonful salt,
Milk to mix.

Sift flour, salt and baking powder together; add the potato and rub in the butter lightly. Mix to a soft dough with the egg and as much milk as may be necessary. Divide into three portions, roll into rounds one-half an inch thick and cut each across into four. Bake in a quick oven or on a griddle. Sprinkle with butter and serve hot.

Sandwiches.

ALMOND SANDWICHES

Grind blanched almonds, then mix with sweet cream, adding a pinch of salt. Spread between thin slices of bread with the crusts cut off. These are nice to serve with coffee.

ANCHOVY SANDWICHES

Pour off wine and wash thoroughly in vinegar; then allow them to stand a while in olive oil (use Gower's), after which drain and open lengthwise, removing bones and place on unbuttered slices of bread.

CHEESE SANDWICHES, NO. 1

Take one-half pound eastern cheese; crumble

fine in a bowl. Melt one tablespoonful butter and pour on the cheese; add yolks of two hard boiled eggs, one teaspoonful mustard, two tablespoonfuls cream; mix all perfectly smooth. If too stiff, add more cream. Spread on thinly sliced and buttered bread.

CHEESE SANDWICHES, NO. 2

Cut four slices of bread, three-fourths of an inch thick; trim edges to make square; spread three slices with butter and any soft cheese; spread cheese on one-fourth inch thick. Pile the slices leaving the one not having been spread for the top. Press hard together so it will stick and slice like layer cake.

CORNERED BEEF SANDWICHES

Chop cornered beef very fine; do not have too lean; season with made mustard and spread on slices of brown bread cut as thinly as possible.

EGG SANDWICHES, NO. 1

Rub to a paste the yolks of hard boiled eggs; mix in slowly a little salad oil, stirring all the time; add mustard, salt, cayenne and a little vinegar. Spread on slices of bread.

EGG SANDWICHES, NO. 2

Pound to a paste the yolks of hard boiled eggs; season with mustard, melted butter, pepper, salt and chopped pickle. To this any cold minced meat may be added. Serve on lettuce leaf garnished with rings of hard boiled whites of eggs.

EGG SANDWICHES, NO. 3

Chop hard boiled eggs fine, mix with a mayonnaise dressing and spread on thin slices of bread.

FRUIT FILLING

Chop fine a dozen figs; add three tablespoonfuls of boiling water and cook in a double boiler, stirring until reduced to a thick paste. Add one teaspoonful of lemon juice and use when cold.

HAM SANDWICHES

Take boiled lean ham; chop fine like paste. Stir into it the yolk of one egg and one teaspoonful of mustard, mixed with one teaspoonful of Worcestershire sauce. Spread thin on slices of buttered bread. Canned deviled ham may be treated in this way to advantage.

NUT AND CHICKEN SANDWICHES

Chop the white meat of a chicken and pound it to a paste in a mortar; season with salt, paprika, oil and lemon juice. Spread thin slices of bread with butter and press into the butter either English walnuts or almonds sliced very thin; spread the corresponding slices of bread with chicken and press the pieces together.

K. MARDEN.

NUT SANDWICHES, NO. 1

Take mayonnaise or firmly whipped sweet cream; thicken with powdered or chopped nut

meats. Walnuts, pecans, peanuts, almonds, filberts, or Brazil nuts are nice, or a mixture of several varieties is good. Made with tea-biscuits or finger-rolls they are very nice and require no butter.

NUT SANDWICHES, NO. 2

Chop or grind the nuts fine and mix them to a paste with creamed butter; add salt to taste and spread on thin slices of bread. Put two together, trim and cut into triangles or narrow strips.

NUT CHEESE SANDWICHES

Pound or chop fine some blanched almonds. Add to these half the quantity of grated cheese, a little salt and mix to a thick paste with rich cream. Put between thin slices of bread.

MRS. ROY R. GIFFEN.

SANDWICH DRESSING

6 eggs, hard boiled,
2 tablespoonfuls cream,
1 teaspoonful made mustard,
 $\frac{1}{2}$ teaspoonful salt,
 $\frac{1}{2}$ teaspoonful pepper,
1 large spoonful lemon juice.

Put the yolks of the eggs into a mortar or bowl with the other ingredients, rub to a paste and strain through a sieve. Have ready some split tea-biscuits or thin slices of bread. Dip small thin slices of ham, chicken, turkey or smoked salmon in the dressing, then lay between biscuit or bread.

NUT AND FRUIT BUTTER SANDWICHES

Chop very fine, figs, dates and seeded raisins; mix with an equal quantity of several kinds of nuts chopped or ground fine. Mix into a paste and spread on thin bread and butter. Make them three inches long and one inch wide.

K. MARDEN.

OYSTER SANDWICHES

Chop raw oysters fine, season with pepper, salt and a little tobasco sauce. Spread on salted crackers with a leaf of crisp lettuce between.

OLIVE SANDWICH FILLING, NO. 1

Stone two dozen large queen olives; cover with boiling water and scald for five minutes, then drain and dry in a towel. Mince very fine, add one teaspoonful of cracker dust and one cupful of mayonnaise.

OLIVE SANDWICH FILLING, NO. 2

Chop olives fine; mix with cream cheese; stir well with a silver spoon.

PEANUT SANDWICHES

Spread the bread thickly with peanut butter, sprinkle lightly with salt and press the slices together. The peanut butter may be purchased in any city or the peanuts may be roasted, the skins removed and the nuts ground to a paste in a meat chopper.

PICKLE SANDWICHES

Cut small pickles in thin slices lengthwise. Slice cold roast chicken, veal or pork in very thin slices. Cut bread in thin slices and spread one-half the slices with creamed butter. Put the slices of pickle on this and then the meat on the pickle. Spread mustard on the other pieces of bread and put them together pressing edges together closely.

SHRIMP SANDWICHES

Chop shrimps fine and beat to a paste, using oil or melted butter to moisten. Season with Worcestershire sauce, cayenne and celery salt. Spread between buttered crackers—salt crackers are best.

TOMATO SANDWICHES

Cut white bread in thin slices and with a circular cutter cut them in rounds; spread delicately with butter. Pare and chill round tomatoes, cut in thin slices and lay on the round pieces of bread. Dust with pepper, salt and a little lemon juice. Cover with another round piece of bread.

WALNUT SANDWICHES, NO. 1

Make a custard of the yolks of four eggs and one cupful of milk. Cream one cupful butter and when the custard is cold, carefully mix with the butter. Then add a pint of ground walnuts. Season with salt and pepper and a dash of cayenne. If too thick, add a little cream. Spread between thin slices of bread. SEMIE TURNER.

WALNUT SANDWICHES, NO. 2

Butter the bread lightly and spread over each slice a layer of melted cheese about one-eighth of an inch thick, then a thick layer of English walnuts. Sprinkle lightly with salt.

CREAM DRESSING

1 cupful mayonnaise,
½ cupful whipped cream.

This mixed with finely chopped nuts, either almonds, pecans or walnuts, and spread on thin slices of bread without butter, will be found delicious.

TONGUE WITH SPANISH SAUCE

(From "Crumbs from Everybody's Table.")

One fresh beef tongue, one bottle of olives, two dozen large, clean, bright, dry Chili peppers, one teacupful (ordinary size) of best vinegar, or, better still, squeeze the juice of two lemons into the cup and fill with vinegar, one teaspoonful of powdered summer savory, two tablespoonfuls of finely chopped onion (should be small green onions, but dry will do), salt and olive oil as you like it. Some may, or will, try to make it without the oil. Do not waste your time, for the oil is the secret of this delicious dish. Dissolve half a teacupful of salt in enough boiling water to cover the tongue, cook until done, and only done, or you will have rags. When cool, remove the skin and cut into very thin slices, and the tongue is ready for the sauce. Cut open the peppers the long way, take out every seed and vein, cut off the stem end, drop the skins into an agate kettle of boiling salted water (half cupful of salt). Press

the skins under the water and keep at boiling heat for two hours, but the water must not even simmer, or you will find both taste and color gone. Skim into chopping bowl—be sure all the water is pressed out—chop until you have a glowing mass of red pulp; press through a sieve to remove skins, and your sauce is ready to season. Do not put in all the salt needed, as the olives will add salt. Add oil and vinegar by the spoonful; no danger of curdling. Put olives in last. Dip each slice of tongue into the sauce, pile the slices into a deep dish and pour over them the remaining sauce; serve the next day on white platter and decorate with the small blanched stems of celery, which is exceedingly pretty against the red sauce. The sauce should be red and will be if your peppers grew the same year you make the sauce. It is delicious with roast turkey, cold ham, fried oysters, or with simply good bread.

MRS. U. HARTNELL.

ENCHILADAS

(From "Crumbs from Everybody's Table.")

To make the tortillas(or cakes)take three teacupfuls flour, one cupful cold water and a teaspoonful salt; mix into stiff dough, roll very thin the size of a pie tin and bake on top of stove; pile one on top of another on a plate and cover with a napkin to keep soft. Take about one dozen dried Chili peppers, cut open and take out seeds and veins, put into agate kettle of boiling water, keep at boiling heat until peppers are soft. Press out water, and chop fine in a chopping bowl, then press through a sieve to remove skins. Put two heaping tablespoonfuls of lard in a frying pan; when hot, put salt, two cloves garlic cut fine and

mashed, one heaping tablespoonful flour fried brown, then add Chilis and sufficient boiling water to make thick sauce. Into this sauce while hot, dip one tortilla (or cake) at a time (they are better fried first in hot lard, but it is not necessary), place open on a large plate, spread on thick layer of grated cheese, a teaspoonful onion chopped fine, and strength taken out by soaking in hot water for a few moments, a layer of hard boiled eggs cut into slices, and four or five olives. Cover this with Chili sauce, roll, and put on a large platter. After all the enchiladas have been made, pour over them any remaining sauce, set platter into the oven and serve very warm.

MRS. L. H. GARRIGUS.

TAMALES

(From "Crumbs from Everybody's Table.")

- 6 lbs. beef flank,
- 1 lb. dried Chili peppers,
- 5 lbs. white dried corn,
- 2 teacupfuls of olives,
- 1 teacupful of raisins,
- 2 medium sized onions,
- 8 cloves garlic,
- 1 teaspoonful of summer savory.

Boil meat in warm water seasoned with salt only until soft, too much boiling renders it tasteless; when done, cut in very small pieces and put into a kettle. Keep broth in which meat was boiled. Prepare Chili as for enchiladas, mash the garlic and put into Chili. Take two tablespoonfuls lard, when very hot, fry onions, add two tablespoonfuls flour, then fry brown and add Chili, salt and two teacupfuls of the gravy in which the meat was boiled; pour this into kettle

of stew, then the savory well powdered, pepper, olives and raisins. If stew is not rich enough, add more gravy or hot water. Do not cook stew more than ten minutes. Put corn into kettle of cold water with one tablespoonful of lime. Taste water and if it bites the tongue it is strong enough; boil until hull begins to peel; cool, then rinse in several waters rubbing between the hands until hull and kernel separate. Grind on a metate, then put it into a pan, add salt and about one teacupful of very hot drippings, also remaining gravy. Wash corn husks and dry with a cloth; then on each husk spread about one tablespoonful of corn, fill with stew, cover with another husk spread with corn, tie on both ends and middle with small strips of the husks; trim off the ends. Cover bottom of a kettle with husks (to prevent tamales from burning) put tamales into it and pour over two quarts of hot water. Cover tight and steam about one hour; serve hot. The above measure will make about seven dozen tamales. If chicken is substituted for beef count on one chicken for one and a half dozen tamales, but the chicken should not be boiled. If a metate cannot be procured a mortar can be used for grinding the corn.

MRS. P. ZABALA.

SPANISH SAUCE

(From "Crumbs from Everybody's Table.")

Take out seeds and veins of peppers just after they have turned red and before they have become dry. Put the cleaned peppers into a porcelain or granite kettle. Cover with boiling water and add one-half cupful of salt. Let the peppers remain in this at boiling heat on back of stove until ten-

der. Then drain, and chop until they are a fine pulp, press through sieve and put into a dish (not metal). Put back on stove, add vinegar and salt to taste, and allow to boil thoroughly. This should be of the consistency of catsup, so if it is too thick some water may be added. Bottle and seal while still hot. This makes an excellent sauce for cold meats; especially tongue. Before using mix with the sauce the juice of one lemon and a tablespoonful of olive oil. Pour this over the meat, which has been cut in thin slices, then add olives.

MRS. H. SAMUELS.

Gravies and Sauces.

MRS. J. S. MANLEY.

Few cooks understand that there are particular kinds of gravies which go with particular kinds of meats, and that the rule which decides what shall go with what is one to be strictly observed. With roast beef, for instance, there is but one permissible gravy, and that is made from the juices of the joint itself which come out of it in roasting. When the beef is taken from the oven remove all floating fat from the dripping pan, then add boiling water to the remainder, taking care not to dilute it too much, and allow it to boil up well. Serve hot in a gravy boat. For a pot roast a brown thickened gravy is in order, as also for roasted veal and pork. For roast lamb mint sauce is the right accompaniment. With game of different kinds jellies are usually served, as they are also with roast mutton. Red currant jelly goes with mutton, pork and turkey, and black currant jelly with hare or rabbit. Grape jelly may be substituted for the former if more convenient, and cranberry sauce or jelly with turkey and apple sauce with goose is always the right accompaniment. Gravies for roast fowl of any kind should be brown and thick and rich, the giblets of the bird being cooked separately and the water in which they are boiled forming the foundation of the gravy. For boiled veal and fowl

Note.—

For convenience, some of the sauces belonging to this department have been placed in other parts of the book—the fish sauces with the fish, and pudding sauces in some instances, following the puddings for which they are best suited.

a white sauce—made of the stock in which the meat has been cooked with milk, flour and butter added—is the proper accompaniment. For fish, all sorts of sauces are in order, the variety being almost as great as that of the dishes to be seasoned. The favorite is probably a tartare sauce, but oyster, shrimp, and anchovy sauces are all popular, and are equally in good form. The rule for gravies is always to serve them hot. A cold gravy is to the epicure nothing but an abomination.

DRAWN BUTTER.

Melted butter is the foundation of most of the common sauces. Have lined porcelain saucepan or a double boiler for this purpose. Take a quarter of a pound of fresh butter, cut it up and mix with it about one tablespoonful of flour. When it is thoroughly mixed, put it into a double boiler and add to it half a teacupful of hot water. Shake it around continually, till it is entirely melted and begins to simmer; then let it rest till it boils up. If you set on too hot fire it will be oily; if butter and flour are not well mixed it will be lumpy; if you put it in too much water it will be thin and poor. All these defects are to be carefully avoided. In melting butter for sweet or pudding sauce you may use milk instead of water.

CAPER SAUCE.

(For boiled mutton.)

One pint of white sauce (made with stock), one tablespoonful of lemon juice, and three tablespoonfuls of capers; cook together and serve. For stock use that from the boiled mutton.

MARION HARLAND.

CRANBERRY SAUCE.

One quart of cranberries, two cupfuls of sugar and one pint of water. Wash the berries, then put them on the fire with the water in a covered saucepan. Let them simmer until each cranberry bursts open; then remove the cover of the saucepan, add the sugar and let them all boil for twenty minutes without the cover. Do not stir them after they are placed on the fire.

MRS. E. E. GATCOMB.

GRAVY FOR ROAST MEATS.

When the meat is done, remove the roast from the pan and pour off the fat, leaving only three or four tablespoonfuls in the pan; then stir in a heaping tablespoonful of flour and add gradually cold water or cold milk, stirring constantly. Add salt and pepper and cook a few minutes.

A SIMPLE BROWN SAUCE.

Put into a saucepan one tablespoonful of minced onion and a little butter; when it has taken color, sprinkle in one heaping teaspoonful of flour; stir well and when brown, add one-half pint of stock; cook a few minutes and strain. Now, by adding one cupful claret, two cloves, a sprig of parsley, a sprig of thyme, a bay leaf, and pepper and salt, and boiling two or three minutes and straining, one has sauce poivrade.

If, instead of the claret, one should add to the poivrade sauce one tablespoonful each of minced cucumber pickles, vinegar and capers, one has "sauce piquante."

By adding one teaspoonful of made mustard,

the juice one-half a lemon and a little vinegar to the poivrade instead of the claret, one has the sauce Robert.

“CRUMBS FROM EVERYBODY’S TABLE.”

MINT SAUCE.

4 tablespoonfuls chopped mint,
2 tablespoonfuls sugar,
 $\frac{1}{4}$ pint of vinegar.

Put it into a sauce-boat and let it remain an hour or two before dinner, that the vinegar may become impregnated with the mint.

“CRUMBS FROM EVERYBODY’S TABLE.”

CREAM SAUCE FOR CROQUETTES.

1 pint of cream or milk,
2 even tablespoonfuls butter,
4 heaping tablespoonfuls of flour,
 $\frac{1}{2}$ tablespoonful salt,
1 spoonful pepper,
 $\frac{1}{2}$ teaspoonful celery salt,
A little cayenne.

Melt the butter, and when bubbling add flour, but do not cook; stir until well mixed. Add milk very slowly, stirring all the time to prevent lumping. The sauce should be very thick, almost like drop batter. Add seasoning and mix while hot with meat or fish and form in balls.

MRS. MANLEY.

CELERY SAUCE.

Cut up a large bunch of celery into small pieces; use only that which is blanched. Put it into a pint of water and boil until it is tender; then add

a teaspoonful of flour and a lump of butter the size of an egg; mix well together, season with salt and pepper, and stir constantly until taken from fire. Very nice with boiled poultry.

MRS. MANLEY.

MUSHROOM SAUCE.

One-half pint of mushrooms wiped carefully and cut in small pieces, put in cupful of boiling water and tablespoonful of butter; pepper and salt to taste. Let simmer very gently for ten minutes, then thicken it with a tablespoonful of flour and butter mixed; add the juice of one-half a lemon. Serve with roast meats.

MRS. FRANK GILBERT.

ONION SAUCE.

(For warmed over meats).

1 pint of stock,
1 cupful of chopped onions,
 $\frac{1}{2}$ cupful of chopped lean ham,
3 tablespoonfuls of butter,
1 heaping tablespoonful of flour,
 $\frac{1}{2}$ tablespoonful lemon juice,
1 level teaspoonful of sugar.

Fry the onions and ham in the butter, then blend in the flour and add the stock and other ingredients.

MARION HARLAND.

TOMATO SAUCE.

Cook one slice of onion, a bit of bay leaf, a small piece of green pepper with half a can of tomatoes fifteen minutes; then strain through a colander. Add two tablespoonfuls of butter and

two of flour; cook together with a little salt and pepper. If tomatoes are very acid add a little soda. To be served with breaded meat, chops, omelets, cold chopped lamb or mutton.

FRENCH HOLLANDAISE SAUCE.

+ tablespoonfuls good vinegar,

+ egg yolks,

$\frac{1}{4}$ cupful butter,

Nutmeg, pepper and salt to taste.

Divide butter in three parts; put vinegar, yolks of eggs and one-third of the butter into a double boiler. Stir constantly, add the second third of butter, and as soon as it thickens add the last third. Remove from fire and add seasoning.

MRS. THOMAS JACKSON, Illinois.

TARTARE SAUCE, NO. 1.

To a good mayonnaise dressing add a table-spoonful of finely chopped Gherkins pickles.

TARTARE SAUCE, NO. 2.

To the yolks of four eggs add salt and mustard to taste and a pinch of powdered sugar. Stir in drop by drop four tablespoonfuls of olive oil (Gower's); in the same way add an equal quantity of tarragon vinegar. Add a button onion minced and mashed, a little pickled cucumber cut fine, also pepper.

OYSTER SAUCE.

Make a drawn butter sauce, add a few small oysters drained from their liquor and a few drops of vinegar or lemon; let come to a boil and serve.

BECHAMEL SAUCE.

Melt a tablespoonful of butter in a saucepan and when melted stir in an equal quantity of flour, cook thoroughly, being careful not to scorch; add one-half pint each of rich cream and veal stock; season with pepper, salt and nutmeg to taste; add three ounces of grated Parmesan cheese and the yolks of three eggs well beaten; stir until hot but do not let it boil.

EGG SAUCE.

Add the chopped yolks of two or three eggs to a good drawn butter sauce to make egg sauce.

PARSLEY SAUCE.

2 tablespoonfuls butter,
 2 tablespoonfuls flour,
 2 tablespoonfuls parsley,
 1 cupful milk,
 Seasoning,
 1 teaspoonful lemon juice.

Wash the parsley, dry it thoroughly and remove all stalks; then chop finely and wash again (placing parsley in the corner of an old cloth for the purpose). Then blend flour and butter in a saucepan until of the color and consistency of honey. Add the milk a little at a time, stirring constantly. When thoroughly cooked add seasoning and lemon juice. Just before serving stir in parsley.

Pudding Sauces.

SPANISH SAUCE.

1 tablespoonful corn starch dissolved in

$\frac{1}{2}$ teacupful of boiling water,
Add 2 tablespoonfuls of vinegar,
1 tablespoonful butter,
1 teacupful sugar,
 $\frac{1}{2}$ nutmeg.

CARAMEL.

Put one cupful sugar in small pan and stir on fire until brown (do not scorch). Add one cupful boiling water and simmer fifteen minutes—set away to cool.

CIDER SAUCE.

1 teacupful sugar,
 $\frac{1}{2}$ teacupful butter.
Cream together and add
2 teacupfuls boiling water and
1 tablespoonful corn starch dissolved in
cold water.

Boil and while boiling add one-half teacupful boiled cider with flavoring to suit.

MAPLE SAUCE.

One-half pint maple sugar dissolved in one teacupful of water; to this add one-half teacupful of butter mixed with one tablespoonful of flour. Flavor to taste and boil.

Cakes.

MRS. C. H. NORRIS.

"With weights and measures just and true,
Oven of even heat,
Well buttered tins and quiet nerves,
Success will be complete."

HARTFORD ELECTION CAKE.

- 1½ cupfuls of butter,
- 2 cupfuls of sugar,
- ½ cupful of milk,
- 3 eggs,
- 1½ pints of flour,
- 1½ tablespoonfuls baking powder,
- 2 cupfuls of raisins,
- 1 cupful of currants,
- ½ cupful citron chopped,
- ½ cupful lemon peel,
- ½ cupful almonds shredded,
- 20 drops of extract of vanilla,
- 20 drops of extract of almonds,
- ¼ cupful of sherry,
- ¼ cupful of brandy.

Rub butter and sugar to a light cream, add the yolks of eggs and milk; mix fruit, almonds and candied peel, and sift over them half the flour and mix well. Next add to the mixture the other half of the flour and baking powder; then add the fruit, then the extracts and wine; lastly the whites of eggs well beaten.

MRS. MARGARET URIDGE.

BRIDE'S CAKE.

4 pounds raisins,
 2 pounds of currants after washed and
 dried,
 1 pound citron,
 $\frac{1}{4}$ pounds each of candied orange and
 lemon peel,
 1 pound English walnuts,
 $\frac{1}{2}$ pint sweet cream,
 $\frac{1}{2}$ pint brandy,
 2 tablespoonfuls each cinnamon, cloves,
 allspice and mace soaked in brandy,
 2 nutmegs grated,
 $1\frac{3}{4}$ pounds butter,
 2 pounds granulated sugar,
 $3\frac{1}{2}$ pounds flour,
 1 teaspoonful each salt and soda,
 2 teaspoonfuls baking powder,
 10 eggs.

Cream butter and sugar, add well beaten yolks
 then the cream and soaked spices. Sift powder
 into flour and add a little at a time; add whites
 beaten stiff. Dredge fruit with a little flour, add
 last. Dissolve soda in a little water and add with
 the fruit; mix thoroughly. Bake five hours, keep
 covered with a pan while baking. This makes
 one loaf in six quart pan.

MRS. WILLIAM HORSFALL, Oregon.

WEDDING CAKE.

9 cupfuls of butter,
 5 pints of sugar,
 4 quarts of flour,
 5 dozen eggs,
 7 pounds of currants,

3½ pounds of citron,
 4 pounds of blanched almonds,
 7 pounds of raisins,
 1½ pints of brandy,
 2 ounces of mace.

Bake in moderate oven for two hours or more. This will make eight loaves, which will keep for years.

MRS. JOHN YOUNG.

WHITE FRUIT CAKE.

1 cupful of butter,
 2 cupfuls of sugar,
 3 cupfuls flour,
 The whites of 8 eggs,
 ½ wine glass white wine,
 2 teaspoonfuls of baking powder,
 ½ pound of chopped almonds.

Mix sugar and almonds, add wine. Beat eggs to stiff froth, stir in butter and sugar; add the flour, with which the baking powder has been well mixed; lastly, add fruit. Bake in two loaves for forty minutes in a moderate oven.

MRS. JOHN YOUNG.

FRUIT CAKE.

1 pound flour,
 1 pound butter,
 1 pound sugar,
 1 pound currants,
 1 pound citron,
 2 pounds raisins,
 1 dozen eggs,
 1 glass wine,
 1 glass rosewater,
 1 glass brandy,

$\frac{1}{2}$ pint sour cream,

One-half pint of molasses with a teaspoonful of soda stirred thoroughly into it. A teaspoonful each of cloves, mace, allspice, cinnamon and nutmeg. Sprinkle flour over fruit and stir fifteen minutes.

MRS. W. A. POOLE.

TUMBLER FRUIT CAKE.

1 tumblerful of eggs,
 1 tumblerful of molasses,
 2 tumblerfuls of sugar,
 $1\frac{1}{2}$ tumblerfuls of butter,
 4 tumblerfuls of flour,
 2 tumblerfuls of currants,
 2 tumblerfuls of raisins,
 $\frac{1}{4}$ tumblerful of citron,
 1 tumblerful of brandy,
 1 tablespoonful of cloves,
 1 tablespoonful cinnamon,
 3 tablespoonfuls nutmeg,
 1 teaspoonful baking soda.

MRS. T. A. HOAG,

MEASURE FRUIT CAKE.

2 scant teacupfuls butter,
 3 cupfuls brown sugar,
 6 eggs, whites beaten separately,
 1 pound raisins,
 1 pound currants,
 $\frac{1}{2}$ pound citron,
 $\frac{1}{2}$ cup molasses,
 $\frac{1}{2}$ cup sour milk.

Stir butter and sugar to cream. Add to that one-half grated nutmeg, one tablespoonful cinnamon, one teaspoonful cloves, one teaspoonful

mace, then molasses and sour milk, then yolks of eggs, and wine glass brandy. Stir all thoroughly. Add four cupfuls of sifted flour alternately with the beaten whites of eggs; then dissolve a level teaspoonful of soda. Mix the fruit together, stir into it two heaping tablespoonfuls of flour, then stir it into the cake. Bake two hours in a moderate oven. When baked let cool in pan.

MRS. A. E. NORRIS.

SCRIPTURE CAKE.

I. Kings, IV chapter, 22d verse, $4\frac{1}{2}$ cups,
 Judges, V chapter, 25th verse, 1 cup,
 Jeremiah, VI chapter, 20th verse, 2 cups,
 I. Samuel, XXX chapter, 12th verse, 2 cups,
 Nahum, III chapter, 12th verse, 2 cups,
 Numbers, XVII chapter, 8th verse, 2 cups,
 I. Samuel, XIV chapter, 25th verse, 2 teaspoonfuls,
 Leviticus, II chapter, 13th verse, 1 pinch,
 Jeremiah, XVII chapter, 11th verse, 6,
 Judges, IV chapter, 19th verse, (last clause) $\frac{1}{2}$ cupful,
 Amos, IV chapter, 5th verse, 2 teaspoonfuls,
 II Chronicles, IX chapter; 9th verse, taste.

LENA POOLE.

NO EGG FRUIT CAKE.

$\frac{1}{2}$ package Nonesuch mince meat,
 $\frac{1}{2}$ pound Chaddock's seeded raisins,
 $\frac{1}{2}$ pound citron,
 1 cupful butter,
 1 cupful milk.

Cook these together, add when hot add one

cupful molasses, two cupfuls sugar; spice to taste; two teaspoonfuls baking powder; flour to make right consistency. MRS. E. NELSON.

HARRISON CAKE.

2 cupfuls sugar,
 2 cupfuls molasses,
 $\frac{1}{2}$ cupful butter,
 1 cupful milk,
 4 eggs,
 6 cupfuls flour,
 2 teaspoonfuls cinnamon,
 1 teaspoonful allspice,
 1 pound currants,
 $\frac{1}{2}$ pound citron,
 1 pound Chaddock's seeded raisins.
 MRS E. NASON.

WEDDING FRUIT CAKE.

10 eggs,
 5 level cupfuls brown sugar,
 $\frac{1}{2}$ pint molasses,
 3 cupfuls of soft butter,
 1 lemon,
 1 pound of figs,
 1 pound of citron,
 2 pounds of currants,
 $3\frac{1}{2}$ pounds of raisins,
 1 heaping tablespoonful cinnamon,
 1 heaping tablespoonful cloves,
 1 heaping tablespoonful mace,
 1 grated nutmeg,
 $\frac{1}{2}$ teaspoonful soda,
 1 quart flour.

This rule makes two large cakes. Bake in a

moderate oven two or three hours.

MRS. ROSS.

RAISIN CAKE.

- 2 cupfuls sugar,
- 1 cupful butter,
- 1 cupful sour milk, without whey,
- 2 cupfuls Chaddock's seeded raisins chopped.
- 1 teaspoonful saleratus,
- $\frac{1}{2}$ teaspoonful each baking powder and salt,
- $\frac{1}{4}$ teaspoonful each cloves, cinnamon and nutmeg,
- 1 teaspoonful vanilla extract,
- 3 eggs beaten separately.

MRS. J. HACKER, Oregon.

FIG CAKE.

- 1 cupful sugar,
 - 1 cupful raisins,
 - 1 cupful figs,
 - $1\frac{1}{2}$ cupfuls flour,
 - 2 eggs,
 - 1 teaspoonful soda dissolved in one cupful boiling water,
 - 1 teaspoonful each cinnamon, nutmeg and vanilla.
- Chop raisins and figs fine and pour the cup of boiling water over them and let stand till cold.

MRS. J. S. PAINTER, Pacific Grove.

RAISIN LOAF CAKE.

- A piece of raised light dough,
- $\frac{1}{2}$ cupful butter,

1 cupful sugar,
 3 eggs well beaten,
 1 cupful walnuts, chopped,
 1 pint raisins,
 1 tablespoonful cinnamon.

Mix it well and let rise until light; bake in mould.

A RICH CAKE.

1 $\frac{3}{4}$ pounds of flour, dry and sift,
 1 $\frac{3}{4}$ pounds loaf sugar, break and sift,
 1 $\frac{3}{4}$ pounds currants, wash and dry,
 2 ounces each of citron and candied lemon peel.

Prepare these ingredients the day before mixing the cake. Next morning cream with your hands one and three-fourth pounds fresh butter; break in, one at a time, fifteen eggs, working well; add gradually sugar, currants and peel; work flour in slowly; lastly add one glassful good spirits. Line a deep pan with buttered paper, extending a finger's length above the pan, and after putting cake in bake slowly until done. Frost while warm. The longer this cake is kept the better it is.

MRS. G. FULLER WILLIAMS, Oregon.

SCOTCH POUND CAKE.

1 cupful butter, creamed,
 1 $\frac{1}{2}$ cupfuls sugar, 4 eggs, yolks,
 1 teaspoonful lemon or vanilla,
 $\frac{1}{2}$ cupful milk,
 $\frac{1}{2}$ cupful cornstarch,
 1 $\frac{1}{2}$ cupful pastry flour,
 1 teaspoonful cream tartar.

$\frac{1}{2}$ teaspoonful soda,
Whites of 2 eggs.

Mix in order given; bake in two shallow pans in a moderate oven. MRS. A. E. NORRIS.

SPONGE CAKE.

Beat four eggs very light, yolks and whites together, then beat in two cupfuls of white sugar; then one cup of sifted flour, a little at a time; then another cupful of flour, into which two teaspoonfuls of baking powder have been mixed; lastly, a teacupful of water, almost boiling hot, put in a little at a time. When making this for the first time one is almost certain to put in a little more flour, it is so thin; don't do it or your cake will be spoiled. Flavor with lemon. This makes two long tins.

MRS. F. G. ADAMS.

SOUR CREAM CAKE.

1 cupful sour cream,
1 cupful sugar,
2 cupfuls flour,
2 eggs,
 $\frac{1}{4}$ teaspoonful soda,
1 teaspoonful baking powder.

Flavor to suit.

MRS. GAUNTLETT, Oregon.

AMES CAKE.

1 large cupful butter,
2 cupfuls sugar,
3 cupfuls pastry flour,
1 small cup milk.

Yolks of 5 eggs,
Whites of three eggs,
1 teaspoonful cream tartar,
 $\frac{1}{2}$ teaspoonful soda, or $1\frac{1}{2}$ teaspoonfuls
baking powder.

This makes two loaves.

MRS. O. P. KENYON.

RAILROAD CAKE.

2 cupfuls sugar,
2 cupfuls flour,
6 tablespoonfuls butter,
2 tablespoonfuls milk,
6 eggs,
1 tablespoonful soda,
2 tablespoonfuls cream tartar,
Lemon peel.

Bake in shallow pans in a quick oven.

MRS. J. A. YOUNG.

SPRECKLES CAKE.

Seven eggs beaten separately, one-half pound sugar stirred into yolks and beaten well, grated rind of a lemon, one-half teaspoonful cinnamon, one-half teaspoonful cloves, one-half teaspoonful baking powder, grate one-half pound of almonds, not blanched, then stir whites of eggs and almond meal alternately into the mixture. No flour.

MRS. G. S. WATERMAN.

COCOANUT OR PLAIN CAKE.

2 cupfuls sugar
1 cupful milk,

- 1/2 cupful butter,
- 3 cupfuls flour,
- 2 teaspoonfuls cream tartar,
- 1 teaspoonful soda.

This can be used for a plain cake or for cocoanut. If for the latter, reserve three whites of eggs for frosting and one-half cupful of cocoanut soaked in one-half cupful of milk.

MRS. A. E. NORRIS.

CLOVE CAKE.

- 1 cupful sugar,
- 1/2 cupful butter,
- 1 cupful milk or water,
- 1 cupful molasses,
- 1 cupful raisins, chopped,
- 1 teaspoonful soda,
- 2 teaspoonfuls cloves.
- 2 eggs,

MRS. A. E. NORRIS.

TIP TOP CAKE.

- 2 eggs,
- 1 tablespoonful butter,
- 1 1/2 cupfuls sugar,
- 1 1/2 cupfuls flour,
- 1 1/2 cupfuls milk,
- 1 teaspoonful cream tartar,
- 1/2 teaspoonful soda.

Very old recipe.

CITRON LOAF CAKE.

- 1 tablespoonful butter,
- 1 scant cupful sugar,

3 eggs beaten separately,
 1 scant cupful milk,
 Rather less than 2 cupfuls flour,
 1½ teaspoonfuls baking powder (if very
 strong use 1).

Cream butter and sugar; add yolks of eggs, milk, flour with the baking powder sifted into it and the beaten whites of the eggs. Flavor and add sliced citron. Pour into a loaf pan and bake in a moderate oven nearly an hour.

MISS APPLGATH.

POTATO CAKE.

1 cupful butter,
 2 cupfuls flour,
 1 cupful chocolate,
 ½ cupful milk,
 2 cupfuls sugar,
 1 cupful mashed potato,
 1 cupful chopped walnuts,
 4 eggs,
 2 teaspoonfuls baking powder,
 1 teaspoonful each of cloves, cinnamon and
 nutmeg.

Mix potatoes with milk.

MRS. R. G. STORIE.

BLACK CHOCOLATE CAKE.

1¼ cupfuls granulated sugar,
 ½ cupful butter,
 2 eggs,
 1½ cupful flour, salt,
 1 teaspoonful vanilla,
 ½ cupful sour milk with 1 teaspoonful
 soda dissolved in it,

$\frac{1}{3}$ cupful chocolate dissolved in $\frac{1}{2}$ cupfuls boiling water.

Soft white frosting.

MRS. O. P. KENYON.

DELICATE CAKE.

$1\frac{1}{2}$ cupfuls granulated sugar,

$\frac{1}{2}$ cupful butter,

$2\frac{1}{2}$ cupfuls flour,

$\frac{2}{3}$ cupful milk,

Pinch of salt,

Whites of five eggs,

2 level teaspoonfuls baking powder,

A few drops of lemon extract.

Cream sugar and butter, add milk slowly, beating all the time, then add two cupfuls of the flour; beat ten minutes. Sift the remainder of the flour and baking powder together and stir in lightly. Lastly add the eggs beaten to a very stiff froth.

MRS. J. W. SLATER.

GOOD PLAIN CAKE.

2 eggs,

1 cupful sugar,

1 cupful cream,

2 cupfuls flour,

1 teaspoonful baking powder,

Pinch of salt.

MRS. ED. PRATT.

WHITE MOUNTAIN CAKE, NO. 1.

3 eggs,

2 cupfuls sugar,

$\frac{1}{2}$ cupful butter,

3 cupfuls flour,
 1 cupful milk,
 1 teaspoonful soda,
 2 teaspoonfuls cream tartar.

Beat butter and sugar together, then add yolks beaten very light, milk with soda, flour with cream tartar, then whites beaten very light.

MRS. O. P. KENYON.

WHITE MOUNTAIN CAKE NO. 2.

6 eggs,
 1 pound sugar,
 1 pound flour,
 $\frac{1}{2}$ pound butter,
 $\frac{2}{3}$ cupful of milk,
 2 teaspoonfuls of baking powder.

Mix butter and sugar till light; beat the whites and yolks of eggs separately; add the eggs with butter and sugar; then milk; then flour; lemon extract to taste. Bake in slow oven.

MRS. T. A. HOAG.

QUEEN'S CAKE.

2 cupfuls sugar,
 1 cupful milk,
 1 cupful butter,
 4 cupfuls flour,
 2 teaspoonfuls baking powder,
 6 eggs beaten separately.
 Flavor with lemon.

MRS. J. M. POOLE.

RICE CAKE.

1 cupful butter,

2 $\frac{1}{4}$ cupfuls rice flour,
 2 cupfuls sugar,
 6 eggs,
 Juice and rind of a lemon.

Beat butter to a cream and gradually beat in sugar; add lemon. Beat eggs separately and add to the mixture; then add rice flour. Bake in a shallow pan to the depth of about two inches. Bake from 35 to 40 minutes in a moderate oven.

MRS. JOHN A. YOUNG.

IMITATION POUND CAKE.

1 $\frac{1}{2}$ cupfuls sugar,
 3 tablespoonfuls wine,
 2 cupfuls flour,
 $\frac{1}{2}$ teaspoonful soda,
 $\frac{1}{2}$ cupful butter (large),
 $\frac{1}{2}$ cupful milk,
 5 eggs,
 1 teaspoonful cream tartar.

MRS. A. N. WOOD.

WHITE CAKE NO. 1.

1 $\frac{1}{2}$ cupfuls sugar,
 1 cupful milk,
 4 tablespoonfuls melted butter,
 1 $\frac{3}{4}$ cupfuls flour,
 Whites of 4 eggs,
 2 teaspoonfuls baking powder,
 Flavoring.

MRS. TABITHA C. HARRIS.

BARSTOW CAKE.

Stir one cup of sugar, butter size of a walnut

and yolks of two eggs to a cream. Add two-thirds of a cupful of cold water and two cupfuls of sifted flour, to which add the beaten whites of two eggs and flavor. Bake in a loaf or layers.

MISS JULIA DAHLGREN.

EMPRESS CAKE.

1 cupful butter,
2 cupfuls sugar,
 $\frac{1}{2}$ cupful corn-starch,
1 cupful milk,
 $2\frac{1}{2}$ cupfuls flour.

Beat all together. Lastly, add the whites of eight eggs beaten to a stiff froth; two teaspoonfuls of baking powder.

MISS LENA POOLE.

VELVET CAKE.

Whites of 4 eggs, well beaten,
1 cupful sugar,
 $\frac{1}{2}$ cupful butter,
 $\frac{1}{2}$ cupful milk,
1 cupful flour,
 $\frac{1}{2}$ cupful corn-starch,
1 teaspoonful baking powder.

Beat butter and sugar to a cream; add milk, then flour and corn-starch with baking powder, then the eggs; flavor.

MRS. A. N. WOOD.

WHITE CAKE, NO. 2.

Whites of 8 eggs well whipped,
3 cupfuls sugar,
1 cupful butter,

1 cupful milk,
 4 cupfuls sifted flour with 1 teaspoonful
 cream tartar,
 $\frac{1}{2}$ teaspoonful soda dissolved in milk,
 Juice of 1 lemon.

Bake one hour in a moderate oven.

MRS. J. M. PUGH.

FEATHER CAKE.

1 cupful sugar,
 1 teaspoonful melted butter,
 1 egg,
 $\frac{2}{3}$ cupful milk,
 2 cupfuls flour,
 2 even teaspoonfuls cream tartar,
 1 teaspoonful soda,
 Flavor with lemon.

MRS. J. M. PUGH.

WHITE CAKE, NO. 3.

Whites of 5 eggs, well beaten,
 2 cupfuls sugar,
 1 cupful butter, melted,
 1 teaspoonful baking powder in 1 cupful
 milk,
 3 cupfuls flour sifted three times.
 Flavor with any flavoring preferred.

MRS. J. R. WILLIAMS.

GERMAN COFFEE CAKE.

1 quart flour,
 2 teaspoonfuls baking powder,
 Salt,
 2 tablespoonfuls sugar,

Piece of butter size of walnut,
1 teaspoonful cinnamon.

Mix well together; add enough flour to make a soft dough. Roll into two sheets and bake in two medium sized pie tins, allowing the mixture to come a little way up the sides. Moisten the top with egg or sweet milk.

MISS MARGARET SIMPSON.

GOLD CAKE.

Yolks of 8 eggs,
 $\frac{1}{2}$ cupful butter,
 $1\frac{1}{2}$ cupfuls flour,
1 cupful sugar,
 $\frac{1}{2}$ cupful milk,
2 teaspoonfuls baking powder,
Flavor with lemon.

Bake in moderate oven.

MRS. EDWIN W. BRUNTON.

SILVER CAKE.

1 cupful sugar,
 $\frac{1}{2}$ cupful butter,
Whites of 3 eggs,
 $\frac{1}{2}$ cupful cornstarch dissolved in nearly
 $\frac{1}{2}$ cupful milk,
 $1\frac{1}{4}$ cupfuls flour,
 $\frac{1}{2}$ teaspoonful cream tartar,
 $\frac{1}{4}$ teaspoonful soda,
Vanilla or almond flavor.

Beat butter to a cream and gradually beat in sugar; add flavor. Mix flour, cream tartar and soda together and sift twice. Beat white of eggs to a stiff froth; add cornstarch and milk to sugar and butter, then eggs and flour. Bake in a mod-

erate oven for half an hour. A chocolate frosting is nice for this cake.

MRS. JOHN A. YOUNG.

DELICIOUS CAKE.

2 cupfuls sugar,
 1 cupful butter,
 1 cupful milk,
 3 cupfuls flour,
 3 eggs,
 $\frac{1}{2}$ teaspponful soda,
 1 teasofoonful cream tartar.

Beat butter and sugar together; add the yolks of eggs, then the beaten whites. Dissolve soda in the milk and mix cream tartar with the flour. Flavor with lemon or vanilla,

MRS. O. P. KENYON.

LADY CAKE.

1 $\frac{1}{2}$ cupfuls sugar,
 $\frac{1}{2}$ cupful butter, or a little more,
 3 eggs,
 2 cupfuls flour,
 $\frac{1}{2}$ cupful milk,
 1 teaspoonful cream tartar,
 $\frac{1}{2}$ teaspoonful soda.
 Add spices and raisins if you like.

MRS. A. N. WOOD.

WHIST CAKE.

1 cupful butter, creamed with 2 cupfuls sugar,
 4 eggs broken into mixture one at a time,
 $\frac{2}{3}$ cupful milk.

2½ cupfuls flour, sifted in it 2 level tea-
 spoonfuls baking powder,
 ½ teaspoonful vanilla,
 ½ teaspoonful lemon.

Add flour and milk alternately and beat until
 very light. Bake about 20 minutes.

F. KENYON.

PLAIN CAKE.

1 pound flour,
 6 ounces lard, butter or drippings,
 6 ounces sugar,
 ½ pound raisins,
 1 teacupful buttermilk or sour milk,
 1 level teaspoonful soda,
 3 eggs,
 Flavor to taste.

Sift the soda and flour together, stir in sugar,
 rub in shortening with fingers; add raisins, stir
 in the buttermilk, then the eggs, yolks and whites
 beaten together. Bake, not too quickly, one and
 one-half hours.

MRS. THOMAS NOCK.

VELVET CAKE, NO. 2.

Whites of 5 eggs,
 2 cupfuls sugar,
 ¾ cupfuls butter,
 2½ cupfuls flour,
 ¾ cupfuls cornstarch,
 1 cupful milk,
 2 teaspoonfuls baking powder.

Mrs. A. J. Y.

COLD WATER CAKE.

2 cupfuls sugar,

1 cupful butter,
 Yolks of four eggs,
 1½ cupfuls water,
 1 tablespoonful soda,
 1 tablespoonful cinnamon,
 1 tablespoonful cloves,
 1 tablespoonful allspice,
 1 tablespoonful vanilla,
 1 tablespoonful nutmeg,
 2 cupfuls seeded raisins,
 4 cupfuls flour,
 Whites of 4 eggs.

Mix the cake just as it reads. For the icing mix one cupful sugar, one-half cupful milk and butter the size of an egg. Boil fifteen minutes and spread on top.

DUMP CAKE.

Dump into a dish together all the following articles:

1 cupfuls butter,
 2 cupfuls sugar,
 3 eggs,
 4 cupfuls flour,
 1 pound chopped raisins,
 1 teaspoonful soda in a cup of cold water,
 1½ teaspoonfuls cream tartar,
 Any spice you choose.

Mix well. Bake in two deep pans.

MRS. A. E. NORRIS.

BREAD CAKE.

Set sponge in evening with one cake Magic yeast. In the morning add flour and four quarts water to make consistency of pancake batter.

Let rise, and in the evening work in flour to make sticky thick (not stiff enough to mould as for bread). Add dates or prunes cut fine, raisins, nuts, currants or other dried fruit; three cupfuls brown sugar, 1 cupful very strong coffee, to color; cinnamon, cloves and nutmeg.

MRS. D. O. KELLY.

CAKE WITHOUT EGGS.

1½ cupfuls sugar,
 ¾ cupful molasses,
 ¾ cupful butter,
 1½ cupfuls milk,
 3 cupfuls flour,
 2 cupfuls raisins or 1 each of raisins and nuts.
 1 teaspoonful soda,
 2 teaspoonfuls cream tartar,
 Cloves, nutmeg and cinnamon.

This makes two large square loaves.

MRS. A. E. NORRIS.

BUTTERMILK CAKE.

1 cupful buttermilk,
 1 cupful sugar,
 Butter, half the size of an egg,
 4 cupfuls flour,
 Small teaspoonful soda,
 Fruit and spices if you like.

MRS. A. E. NORRIS.

STRAWBERRY SHORTCAKE.

1 cupful flour,
 ⅔ cupful milk,

1 teaspoonful baking powder,
1 tablespoonful melted butter,
1 egg,

Add a tablespoonful sugar if desired.

Add to the berries a small quantity of butter and sugar and set away; when cake is baked, split and butter, then add cream or the beaten white of an egg to the berries. Spread between layers and serve.

MRS. TABITHA C. HARRIS.

FIVE CENT CAKE, NO. 1.

2 cupfuls brown sugar,
Two cupfuls fruit syrup or thin molasses,
1 cupful black coffee,
 $\frac{1}{2}$ teaspoonful each of cloves and nutmeg.

Sift a little flour in and drop in one-half pound or more raisins, currants, or dates (cut from the stone); flour enough to make consistency of cake dough, or a little stiffer. Add baking powder last. Bake in cake tins. Sift a little sugar on top before baking.

MRS. D. O. KELLY.

FIVE CENT CAKE, NO. 2.

Same as above, but instead of fruit juice, use pint of sour milk and pinch of soda. Proceed as in No. 1.

WATER SPONGE CAKE.

1 cupful sugar,
A pinch of salt,
2 eggs well beaten together,
1 rounding cupful sifted flour with one

Teaspoonful baking powder,
1 teaspoonful lemon essence.

Add last half a cupful of boiling water, stir quickly and bake in moderate oven.

MRS. GILLOGLY.

CREAM SPONGE CAKE.

Break two eggs in a cup, fill the cup with cream; add one cupful sugar, vanilla to taste. Beat all with egg beater. Add one cupful of flour, one teaspoonful baking powder. This is a neverfailing recipe and is especially good baked in muffin pans. MRS. J. R. JOHNSTON.

MRS. DEWEY'S SPONGE CAKE.

3 eggs, beat five minutes,
1 cupful sugar, beat two minutes,
1 cupful flour, beat 1 minute,
 $\frac{1}{2}$ cupful water,
Pinch of salt,
Flavoring,

One more cupful of flour with two even teaspoonfuls of baking powder; beat two minutes and pour into greased pans. Bake twenty minutes in a quick oven.

MRS. AMOS HARRIS.

SPONGE CAKE.

1 cupful flour,
1 cupful sugar,
2 eggs beaten separately,
4 tablespoonfuls cold water,
1 teaspoonful baking powder,
Flavor with lemon or vanilla.

Bake twenty minutes in a hot oven.

MRS. MARY A. BENNET.

ANGEL CAKE.

Whites of eleven eggs beaten stiff with one and one-half cups of sugar (sifted); one teaspoonful cream tartar; one cupful flour, sifted five times with the cream tartar; one teaspoonful vanilla. Bake in a slow oven forty minutes.

MISS LENA POOLE.

SPONGE CAKE OUR GRANDMOTHERS USED TO MAKE.

Yolks of 6 eggs,

1 cupful sugar,

1 cupful sifted flour,

1½ tablespoonfuls lemon juice,

Rind of ½ lemon.

Beat yolks and sugar until a light lemon color. Add lemon juice and rind. Beat whites of eggs and fold into mixture. Sift the flour gradually over and fold it in. Bake in a moderate oven.

MISS EMMA BARNETT.

WALNUT CAKE.

1½ cupfuls butter,

5 cupfuls flour,

½ cupful brandy,

1 nutmeg,

6 eggs,

3 cupfuls sugar,

1 cupful milk,

2 teaspoonfuls baking powder,

2½ pounds English walnuts.

2 pounds raisins,

MRS. SHANNON.

HICKORY NUT CAKE.

2 coffee cupfuls sugar,

$\frac{1}{2}$ coffee cupful butter,

1 coffee cupful milk,

2 coffee cupful flour,

2 eggs,

1 teaspoonful cream of tartar,

$\frac{1}{2}$ teaspoonful soda,

1 quart of hickory nuts before they are cracked.

MRS. O. P. KENYON.

CHOCOLATE NUT CAKE.

2 cupfuls sugar,

5 eggs,

4 sticks chocolate, grated,

3 very large tablespoonfuls each of brandy and syrup,

1 teaspoonful each of cloves, allspice and cinnamon,

$2\frac{1}{2}$ cupfuls flour,

1 teaspoonful baking powder,

1 cupful blanched almonds, halved.

Bake in long shallow tins.

MRS. ROY R. GIFFEN.

OLD-FASHIONED CAKE.

1 cupful sugar,

1 cupful of flour before sifting,

1 teaspoonful baking powder,

A little salt.

Sift all together; break three eggs into it and

stir five minutes; add half cupful of melted butter, stir five minutes; lastly, half a cupful of water; stir thoroughly. Set in a brisk oven and be careful not to jar. Use any flavoring.

MRS. S. F. BREED, Shardon, Cal.

Layer Cakes.

BANANA CAKE.

Beat two eggs, put them in a cup and fill it with cold clear water and melted butter, using equal quantities of each, this being done by putting a tablespoonful of water and butter alternately until cup is filled; one cupful sugar, one and a half cupfuls of flour, and three teaspoonfuls baking powder. Bake in layers; spread each layer with frosting and slice bananas over the frosting.

CARAMEL CAKE.

- ½ cupful butter,
- 2 cupfuls sugar,
- 1 cupful milk,
- 4 eggs (whites),
- 2½ cupfuls flour,
- 2 teaspoonfuls baking powder,

Bake in loaf or three layers.

FROSTING. --

- 2 cupfuls brown sugar,
- ½ cupful cream and ½ cupful butter, or
- 1 cupful cream.

Cook until it begins to harden.

JENNIE GARDNER.

RIBBON CAKE.

1 cupful butter,
 2 cupfuls sugar,
 1 cupful milk,
 4 eggs(yolks and whites beatenseparately),
 3½ cupfuls pastry flour,
 ½ teaspoonful soda,
 1 teaspoonful cream tartar. •

Bake two parts of dough as plain cake. To the third part add

½ cupful raisins, stoned and chopped,
 1 cupful currants,
 ¼ pound sliced citron,
 2 teaspoonfuls molasses,
 2 teaspoonfuls wine or brandy,
 1 teaspoonful mixed mace and cinnamon.

Bake and put this cake between layers of plain cake with jelly. Press lightly in putting together. Frost.

MRS. LINCOLN'S COOK BOOK.

LAYER CAKE.

2 cupfuls sugar,
 ¾ cupful butter, creamed,
 1 cupful sweet milk,
 2 cupfuls flour,
 ½ cupful corn-starch,
 3 teaspoonfuls baking powder,
 Whites of 6 eggs the last thing.

Sift corn-starch, flour and baking powder many times together that the mixing of these three articles may be thorough.

CREAM FILLING, NO. 1,—

2 coffee cupfuls granulated sugar,
 1 cupful new milk,

Butter size of walnut.

Boil until, when dropped in cold water, it forms a soft ball. Remove from fire and stir till cold.

FILLING, NO. 2,—

One pint cream whipped stiff and sweetened and flavored to taste. MRS. TURNER.

NICE LAYER CAKE.

1 cupful sugar,
 ½ cupful butter,
 4 eggs (whites),
 ½ cupful milk,
 1½ teaspoonfuls baking powder,
 1¾ cupfuls flour,
 Vanilla flavoring.

Bake in three or four layers, adding chocolate to one or two layers. Put together with custard made with

2 yolks of eggs,
 ¼ cupful sugar,
 1 cupful milk,
 Small lump butter,
 1 tablespoonful corn-starch.

Flavor and cook until thick.

ICING,—

1 cupful sugar,
 4 tablespoonfuls water,

Boil and add to the beaten whites of two eggs; add chocolate or cocoa.

MRS. A. H. WOOD.

CREAM CAKE.

3 eggs,
 1 cupful sugar,
 3 tablespoonfuls milk,

1 cupful flour,
1 teaspoonful baking powder.

Bake in two cakes and split them for filling.

FILLING.—

1½ cupfuls milk,
1 large tablespoonful corn-starch,
Scant ½ cupful sugar.

Boil milk and sugar; thicken with corn-starch; add small piece of butter, then flavor. Beat until nearly cool and spread between layers.

MRS. A. H. WOOD.

AUTUMN CAKE.

Cream two cupfuls sugar with one-half cupful butter; add one cupful cold water, three cupfuls flour, two teaspoonfuls baking powder and, lastly, the stiffly beaten whites of five eggs; bake in three large layers. Make a soft icing with the whites of two eggs; in one-half put cocoanut, in the other half chocolate. On the bottom layer spread the cocoanut, on the next layer jelly, and on the top chocolate, letting each filling run down the sides of the cake. Bake the day before using. Very nice.

MRS. W. F. FALLA.

MINNEHAHA CAKE.

½ cupful butter,
1½ cupfuls sugar,
Whites of 6, or 3 whole eggs,
1 cupful sweet milk,
2½ cupfuls flour,
2 teaspoonfuls baking powder.

FILLING.—

1 cupful sugar,

4 tablespoonfuls water.

Boil till clear then stir into it the beaten white of one egg; add one-half cupful seeded raisins, chopped; one-half cupful nuts. This rule is good for either layer or loaf cake.

F. J. ALSIP.

JELLY ROLLS.

1 cupful sugar,

1 cupful flour,

3 eggs,

1 teaspoonful baking powder.

Stir well; spread thin in a long dripping pan and bake quickly. Turn out on a cloth, cutting off the edges; spread with jelly and roll.

MRS. DAISEY BARNES.

RAISIN CAKE.

Break two eggs in a teacup, fill up with sweet cream, beat well together, then add one cupful sugar; one and two-thirds cupfuls flour with two teaspoonfuls baking powder. Flavor with lemon; bake in layers.

FILLING, —

One cupful sugar dissolved with three table-spoonfuls water; boil five minutes, and while hot pour on the beaten whites of two eggs and stir till cool. Add one pint seeded and chopped raisins; spread between layers.

MRS. TURNER.

GERMAN PASTRY.

$\frac{1}{2}$ pound flour,

$\frac{1}{4}$ pound sugar,

$\frac{1}{4}$ pound butter,
1 teaspoonful baking powder.

Rub the butter into the flour with the fingers; moisten with one egg and mix until the paste is quite smooth; if too stiff, add a very little milk. Roll out thin and cut in rounds the size of a tea-plate. Spread with raspberry jam, cover with paste and bake in a rather quick oven.

MRS. THOMAS NOCK.

MOCHA CAKE.

1 cupful sugar, scant,
 $\frac{1}{2}$ cupful butter,
Whites of 3 eggs,
2 cupfuls flour,
 $\frac{3}{4}$ cupful milk,
1 teaspoonful baking powder.

FILLING.—

1 slice $\frac{1}{2}$ inch thick of unsalted butter,
1 cupful powdered sugar.

Cream until the sugar cannot be tasted; beat yolks of two eggs and put with above; then add slowly one-quarter cup, scant, of coffee extract, boiling hot, a little at a time to the above. If not convenient to use coffee extract, one-quarter of a cup of fresh strong coffee will do as well.

MRS. L. C. SANFORD.

FRENCH CREAM CAKE.

4 eggs,
2 cupfuls sugar,
1 cupful sweet milk,
3 cupfuls flour,
1 tablespoonful butter,
2 teaspoonfuls baking powder,

Bake in layers. Between layers put the following cream:

- 1 pint sweet milk,
- 1 cupful sugar,
- 2 tablespoonfuls corn-starch,
- Lemon to suit taste.

Boil these together and add one egg well beaten after taking from the fire.

WHITE FRUIT LAYER CAKE.

- 1 cupful butter,
- 2 cupfuls sugar,
- 1 cupful milk,
- 2 cupfuls flour,
- 6 eggs (whites only) beaten stiff,
- 2 teaspoonfuls baking powder.

Bake in five layers, and while still hot put together with the following:

FILLING,—

One-quarter pound each finely chopped figs, seeded raisins, citron, preserved ginger and blanched almonds. Stir them into the beaten whites of three eggs; one cupful powdered sugar and the juice of a lemon. Frost the top with the white of an egg, a cupful of powdered sugar and the juice of a lemon.

LOU NASBURG, Oregon.

WALNUT CAKE, NO. 1.

- 2 cupfuls sugar,
- 1 cupful butter,
- Whites of 6 eggs,
- Yolks of 2 eggs,
- 1 cupful milk,
- 3½ cupfuls flour,

Flavor with vanilla,
 3½ teaspoonfuls baking powder.

FILLING.—

Boil one cupful granulated sugar with four tablespoonfuls water five minutes, or until it threads when dropped from the end of the spoon. With the left hand pour the boiling syrup in a small stream into the beaten white of an egg, while beating hard with the right hand. Then add a cupful chopped walnuts and flavor with vanilla. Put halves of walnuts on the top of cake.

MRS. RUTH PARKHURST.

WALNUT CAKE, NO. 2.

1 cupful butter,
 2½ cupfuls sugar,
 8 eggs (whites),
 3 teaspoonfuls baking powder,
 2 cupfuls chopped walnuts.

FROSTING,—

2 cupfuls sugar,
 ¾ cupfuls milk,
 Butter size of an egg.

Boil these fifteen minutes then pour in a dish and stir until it thickens. Add white of egg well beaten and one tablespoonful vanilla.

MRS. J. M. PUGH.

NUT CAKE.

Beat the yolks of ten eggs very light with one pound sugar; one small cupful cracker flour; one teaspoonful baking powder; one pound ground nuts; then add the beaten whites of the eggs and bake one hour in a slow oven. When perfectly cold slice in two and fill and cover with whipped

cream, to which a few ground nuts and sugar to taste have been added. M. L. S.

WORLD'S FAIR CAKE.

1½ cupfuls sugar,
 ½ cupful butter,
 ½ cupful milk,
 1½ cupfuls flour before sifting,
 3 eggs beaten separately,
 1 large teaspoonful baking powder,
 6 large tablespoonfuls grated chocolate,
 3 large tablespoonfuls sugar in 2 large
 tablespoonfuls scalding milk.

Add to the cake and bake in a square pan.

ICING,—

2 cupfuls sugar,
 ¾ cupful milk,
 Butter size of an egg,
 Flavor.

Boil hard fifteen minutes; remove from fire and stand until cool enough to spread.

MISS MARY MOTT.

CHOCOLATE NOUGAT CAKE.

Cream one-quarter cupful butter, add slowly one and one-half cupfuls sugar; one egg, well beaten. Mix three teaspoonfuls baking powder with two cupfuls flour; add this alternately with two-thirds cupful milk to the first mixture. Melt two squares Baker's chocolate, add three teaspoonfuls sugar, one-third cupful milk. When cool add to the cake. Flavor with one teaspoonful vanilla. Frost top, then cover with shredded almonds.

MRS. O. P. KENYON.

DEVIL'S FOOD CAKE, NO. 1.

PART 1,—

1 cupful brown sugar,
 $\frac{1}{2}$ cupful butter,
 1 cupful sweet milk,
 1 teaspoonful soda,
 2 cupfuls flour,

PART 2,—

1 cupful brown sugar,
 1 cupful grated chocolate,
 $\frac{1}{2}$ cupful sweet milk,
 Flavor with vanilla.

Put part 2 on the stove, using a double boiler, and let it come to a boil, then cool and mix with part 1. Bake in layers and put the following icing between.

ICING,—

6 rounded tablespoonfuls grated chocolate,
 $1\frac{1}{2}$ cupfuls powdered sugar,
 3 eggs (whites).

Beat whites very little, then stir in chocolate. Add the sugar gradually, beating well, then set on stove and let it boil a short time. Allow cake to get thoroughly cool before removing from the tins, which will prevent crumbling.

MRS. L. C. SANFORD.

DEVIL'S FOOD CAKE, NO. 2.

2 cupfuls brown sugar,
 $\frac{1}{2}$ cupful butter,
 2 eggs,
 $\frac{1}{2}$ cupful chocolate,
 $\frac{1}{2}$ cupful sour milk,
 $\frac{1}{2}$ cupful boiling water,
 1 pinch salt,

1 teaspoonful soda,
3 cupfuls flour sifted.

Beat sugar, butter and eggs together; add the chocolate dissolved in hot water, and the soda in the milk; lastly, the flour. Bake in layers.

FILLING,—

$\frac{1}{2}$ cupful cream,
2 cupfuls brown sugar,
 $\frac{1}{4}$ cupful butter.

Cook until it hairs from spoon; add one teaspoonful vanilla. (Excellent.)

MRS. J. W. SLATER.

DEVIL'S FOOD CAKE, NO. 3.

Yolks of 2 eggs,
2 squares chocolate, grated,
1 cupful milk,
1 cupful sugar,
3 tablespoonfuls melted butter,
 $1\frac{1}{3}$ cupfuls flour,
1 teaspoonful soda and
1 teaspoonful cream tartar, or two tea-
spoonfuls baking powder,
1 teaspoonful vanilla.

Cook chocolate with one-half of the milk and the beaten yolks of the eggs until it thickens; let cool. Rub sugar and butter together, then add other ingredients. Bake in three layers or in a loaf.

MRS. HOWARD.

LEMON CAKE.

2 cupfuls sugar,
 $\frac{1}{2}$ cupful butter,
3 eggs,
1 cupful milk,

3 cupfuls flour,
3 level teaspoonfuls baking powder.

Bake in layers. For the jelly use the
Grated rind and juice of 2 lemons,

1 cupful sugar,

1 egg,

$\frac{1}{2}$ cupful cold water,

1 tablespoonful flour mixed in a little water.

Boil until it thickens and spread between layers
of cake.

ORANGE CAKE.

2 cupfuls sugar,

1 cupful milk,

3 cupfuls flour,

5 yolks eggs,

4 whites eggs,

Butter size of walnut,

2 teaspoonfuls baking powder,

Juice 1 orange and grated rind.

Bake in layers. Between the layers use this
icing: The white of one egg beaten to a stiff
froth; add the juice and grated rind of one lemon
and powdered sugar sufficient to make right con-
sistency to spread nicely. M. L. P.

GOLD MEDAL FRENCH CREAM CAKE.

1 cupful white sugar,

3 eggs,

$1\frac{1}{2}$ cupfuls flour,

1 teaspoonful baking powder,

2 tablespoonfuls thick sweet cream,

1 teaspoonful lemon or vanilla.

Bake as a jelly cake. For the mock cream:

1 tablespoonful flour,

- 1 egg,
- ½ teacupful white sugar,
- 1 tablespoonful butter,
- ½ pint sweet milk (cream is preferred).

Stir the flour in a little cold milk, add the egg well beaten, the sugar; then add the butter to this. Add the milk or cream and boil the whole until it thickens. Flavor with lemon. If used in cake while warm spread between cake. The cake is much improved if baked a day or two before using. This cake was first baked for Louis Napoleon for the Paris Exposition at Paris, for which a gold medal was granted; afterwards for the Centennial at Philadelphia, 1876.

PLAIN FROSTING.

- White of 1 egg,
- 1 teaspoonful lemon juice,
- 1 scant cupful powdered sugar.

Put egg and lemon juice in a bowl, stirring in sugar gradually. Beat, not stir, all together five minutes.

MRS. A. M. LYNES.

BOILED ICING.

- 1 cupful granulated sugar,
- ⅓ cupful boiling water,
- White of one egg,
- 1 saltspoonful cream tartar.

Boil sugar and water without stirring until the syrup, when taken up on a skewer, will "thread" or "rope." When nearly at that point beat the egg stiff; add the cream tartar, and pour the syrup over the egg in a fine stream, beating well. When it thickens and is perfectly smooth pour it

over the cake. It hardens quickly and should be put on the cake before it stiffens enough to drop.

MRS. LINCOLN'S COOK BOOK.

GOLDEN FROSTING.

Beat yolks of eggs and stir in powdered sugar till stiff enough to spread, not to run. Flavor with vanilla or wine. MRS. A. E. NORRIS.

ORANGE FROSTING.

Mix together the yolk of one egg, one tablespoonful orange juice, one-half teaspoonful orange extract and confectioner's sugar, to make it thick enough to spread. MRS. GILLOGLY.

CHOCOLATE ICING.

Yolks of two eggs beaten; add one cupful sugar boiled to consistency of candy. Beat until rather thick then add three-quarters cupful chocolate. Flavor with vanilla.

SARAH COLEMAN.

COLORED ICING.

Several green coffee beans left to soak in the unbeaten white of an egg will color cake icing a delicate green. The beans should be removed and the egg whipped and used for the icing.

CHOCOLATE FROSTING.

Whites of 2 eggs,
2 tablespoonfuls cold water to each egg;
(stir well),

1 teaspoonful vanilla,
2 squares chocolate.

Melt chocolate, add water, then sugar, guessing at quantity of sugar.

MRS. O. P. KENYON.

MILK FROSTING.

1½ cupfuls sugar,
1 teaspoonful butter,
½ cupful milk,
½ teaspoonful vanilla.

Melt the butter in a saucepan, then add sugar and milk. Boil gently without stirring for thirteen minutes. Beat until stiff enough to spread, then add flavoring and spread over cake.

MAPLE CARAMEL FILLING.

1½ cupfuls maple sugar,
1 tablespoonful butter,
½ cupful milk.

Boil until it spins a heavy thread; cool a little and stir.

ALMOND CUSTARD.

(For Filling.)

½ pint cream,
3 eggs,
1 teaspoonful corn-starch,
1 tablespoonful powdered sugar.

Add 1 cupful chopped almonds to custard; cook a few minutes. Flavor with two or three drops almond combined with a little vanilla.

FIG FILLING.

1 cupful sugar,
 4 tablespoonfuls water,
 White of 1 egg beaten stiff,
 12 figs soaked $\frac{1}{2}$ hour in warm water,
 then chopped.

Boil sugar and water until sugar threads; stir slowly into white of egg, then chopped figs. Enough for two layers.

EGGLESS CAKE.

1 $\frac{1}{2}$ cupfuls sugar,
 $\frac{1}{2}$ cupful of butter,
 1 cupful sour milk,
 $\frac{1}{2}$ teaspoonful soda,
 $\frac{1}{2}$ teaspoonful cinnamon,
 $\frac{1}{2}$ nutmeg (grated),
 3 level cupfuls sifted flour,
 1 $\frac{1}{2}$ cupfuls seeded raisins chopped and well floured in part of these 3 cupfuls.

A tutti frutti filling for layer cake is made by mixing chopped raisins and a small quantity of lemon, orange and citron peel, currants and nuts with soft icing. It must be very thoroughly mixed, so that no one ingredient shall predominate.

TREASURES NEW AND OLD.

GIFFEN'S PHARMACY

APOTHECARY AND DRUGGIST

STATIONERY AND FANCY NOVELTIES

PERFUMERY

SPICES, FLAVORING EXTRACTS

CONFECTIONERS' SUGAR

FRESH CHOICE CANDIES

ICE CREAM IN SEASON

FOWLER

- -

CALIFORNIA

R. W. WILLIAMS

C. H. WILLIAMS

Fowler Carriage & Agricultural Works

R. W. WILLIAMS & BRO., Proprietors

General Blacksmiths

And Wagonmakers...

Fowler,

- -

California

Poulson & Edwards

DEALERS IN

Choice Fresh Meats

Of All Kinds

Fowler

- -

California

Chaddock & Co

(Incorporated)

We are the packers of

Diamond Our Best
Morning Star Corona
Victor and Raisin City
Brands of Seeded Raisins and
Arrow Brands Dried Fruits

Enough Said

FRESNO AND FOWLER
CALIFORNIA

Cookies, Doughnuts and Small Cakes.

MRS. M. E. TROWBRIDGE.

ALMOND CAKES.

- 1 pound sifted flour,
- $\frac{1}{2}$ pound butter,
- $\frac{3}{4}$ pound sugar,
- 2 eggs,
- $\frac{1}{2}$ teaspoonful each lemon and almond extract,
- 2 teaspoonfuls ground ginger,
- One teaspoonful ground cinnamon,
- $\frac{1}{4}$ ounces of almonds blanched and chopped very fine,
- 2 ounces of raisins finely chopped.

Mix all the dry ingredients together; then rub in the butter, add eggs and essence last of all; roll out half an inch thick; cut in fancy shapes and bake in a slow oven. These are excellent.

L. C. LANDIS.

BOOBIES.

- 4 eggs,
- $2\frac{1}{2}$ cupfuls flour,
- 1 cupful sugar,
- $\frac{3}{4}$ cupful butter,

1 small wineglass brandy or whisky,
 2 teaspoonfuls baking powder,
 Lemon flavoring.

Rub, flour, butter and sugar together; add the other ingredients and enough milk to mix like cookies. Roll out and spread the booby filling over the top. Roll up like jelly cake; slice off with a sharp knife and bake.

BOOBY FILLING,—

1 cupful seeded raisins,
 1 cupful currants,
 $\frac{1}{2}$ pound each of citron, walnuts, blanched almonds,
 1 teaspoonful each of cloves, cinnamon and allspice,
 5 pulverized ginger snaps.

Mix and chop fine.

AUTOGRAPH COOK BOOK.

COOKIES, NO. 1.

2 cupfuls sugar,
 1 cupful butter,
 4 cupfuls flour,
 2 teaspoonfuls soda,
 4 teaspoonfuls cream tartar,
 6 eggs.

Rub the flour, cream tartar, soda and butter together.

MISS SARAH PARROW, Selma, Cal.

COOKIES, NO. 2.

2 teacupfuls sugar,
 1 teacupful butter,
 2 eggs,
 $\frac{1}{4}$ cupful sweet milk,

1 teaspoonful baking powder,
Nutmeg.

Mix as soft as possible; roll thin and bake in a quick oven.

MRS. J. S. PAINTER, Pacific Grove, Cal.

COOKIES, NO. 3.

2 cupfuls sugar,
2 eggs,
 $\frac{2}{3}$ cupful butter,
1 cupful milk,
 $\frac{1}{2}$ teaspoonful salt,
2 teaspoonfuls baking powder,
Enough flour to roll nicely.

Cream sugar and butter, then add the eggs.

MRS. G. W. CLARKE, Columbus, O.

COOKIES, NO. 4.

1 cupful sugar,
1 cupful butter,
4 eggs,
2 teaspoonfuls baking powder,
Enough flour to mix rather stiff.

Roll thin and bake in a hot oven. Flavor to taste.

MRS. SEMIE TURNER.

COOKIES, NO. 5.

2 cupfuls sugar,
1 cupful butter or nice drippings,
1 cupful sour milk or buttermilk,
4 eggs, beaten light, use 6 if you have plenty,
3 teaspoonfuls baking powder,

Flour sufficient to make quite stiff.
Bake in quick oven. MRS. ASBURY.

COOKIES, NO. 6.

1 cupful butter,
1½ cupfuls sugar,
3 eggs,
1 cupful sour milk,
1 scant saltspoonful soda,
½ teaspoonful lemon extract,
1 quart flour.

Sift the flour twice, then return to sieve; add a pinch of salt and a teaspoonful of baking powder and salt all once more. Rub butter and sugar to a cream; add the well beaten eggs and stir well. To this add the sour milk after soda has been well mixed with it. Lastly, add the lemon and one grated nutmeg; then add flour until a soft dough is formed. Roll out thin and sprinkle with sugar, passing the rolling pin over it. Cut out and bake in a quick oven. Handle as little as possible after the flour is added. Will keep well; if they become dry put a couple of slices of bread in the jar with the cookies.

MRS. WYLIE M. GIFFEN.

CITRON COOKIES.

½ cupful butter,
1½ cupfuls sugar,
2 eggs,
¾ cupful milk,
½ cupful citron, cut fine,
1 heaping teaspoonful baking powder,
1 teaspoonful each of allspice and cloves,
Flour to thicken,

Flavor to taste.

Rub butter and sugar to cream. Drop by teaspoonfuls on buttered tins. Bake in quick oven.

MRS. ROY R. GIFFEN.

CREAM COOKIES.

1 cupful sour cream,

1 $\frac{1}{2}$ cupful sugar,

$\frac{1}{2}$ cupful butter,

2 eggs,

$\frac{1}{2}$ teaspoonful soda,

$\frac{1}{4}$ teaspoonful each of cinnamon and nutmeg.

MRS. A. HARRIS.

CHOCOLATE COOKIES.

1 cupful brown sugar,

$\frac{1}{2}$ cupfuls butter,

$\frac{1}{2}$ cupful milk,

1 $\frac{1}{2}$ cupfuls flour,

$\frac{1}{2}$ cupful raisins,

$\frac{1}{2}$ cupful nuts,

1 teaspoonful soda, in milk,

3 squares of chocolate.

MRS. M. E. TROWBRIDGE, Fresno, Cal.

FRUIT COOKIES.

1 cupful sugar,

$\frac{3}{4}$ cupful butter,

2 eggs,

1 cupful chopped raisins,

$\frac{1}{2}$ teaspoonful soda, dissolved in a tablespoonful water,

1 tablespoonful brandy,

All kinds of spices,
 Flour to roll.
 MRS. J. S. PAINTER, Pacific Grove.

GINGER COOKIES, NO. 1.

1 cupful sugar,
 1 cupful molasses, sorghum or New Orleans,
 1 cupful butter,
 $\frac{1}{2}$ cupful buttermilk,
 1 large teaspoonful soda,
 Ginger to taste,
 Flour to mix soft.

MRS. GILBERT, Selma, Cal.

GINGER COOKIES, NO. 2.

2 cupfuls sugar,
 2 cupfuls molasses,
 1 teaspoonful ginger,
 1 cupful butter or lard,
 3 eggs,
 1 tablespoonful soda dissolved in 3 tablespoonfuls water.
 Mix very stiff, roll thin and bake in a hot oven.
 MRS. ANGIE TURNER.

HONEY COOKIES.

$\frac{1}{2}$ cupful butter,
 1 cupful sugar,
 1 cupful honey,
 1 cupful water (boiling),
 1 tablespoonful ginger,
 2 teaspoonfuls soda.
 Flour sufficient to roll out thin.

MRS. J. ABERNATHY.

ROLLED OAT COOKIES.

1 cupful sugar,
 1 cupful butter and lard mixed and melted,
 2 cupfuls flour,
 2 cupfuls rolled oats,
 1 cupful raisins or currants,
 $\frac{2}{3}$ teaspoonful soda, dissolved in a little
 warm water,
 1 teaspoonful mixed spices,
 4 tablespoonfuls of sweet milk,
 2 eggs,

Mix together; drop a teaspoonful on a buttered
 pan a little distance apart, and bake.

LENA POOLE.

WALNUT COOKIES, NO. 1.

1 cupful brown sugar,
 2 eggs.

Mix well.

1 cupful flour,
 1 cupful chopped walnuts,
 A little salt,
 $\frac{1}{2}$ teaspoonful baking powder.

Mix eggs and sugar, then flour and nuts; if
 not stiff enough add more flour. Bake slowly on
 buttered paper.

MRS. PRICE.

WALNUT COOKIES, NO. 2.

1 $\frac{1}{2}$ cupfuls sugar,
 1 cupful butter,
 3 eggs,
 1 cupful each walnuts and raisins, the
 raisins seeded and chopped with walnuts,
 1 teaspoonful each of cloves, cinnamon and

vanilla,
 1 teaspoonful soda,
 3 cupfuls flour, or enough to make a stiff
 dough. EMMA PILGRIM.

CHOCOLATE DROP CAKES.

$\frac{1}{2}$ pound butter,
 1 pound sugar,
 $\frac{1}{2}$ pound Baker's chocolate,
 5 eggs, reserving whites of two for frost-
 ing,
 $\frac{1}{2}$ pound blanched almonds, chopped fine,
 1 cupful milk,
 1 pound flour,
 2 teaspoonfuls baking powder,
 Flavor with vanilla.

Melt chocolate and add to butter, sugar and eggs when well beaten; add other ingredients, bake in small tins and frost with white frosting. This rule makes five dozen cakes.

MRS. E. D. DEPEW.

CUP CAKES.

1 cupful butter,
 2 cupfuls sugar,
 3 cupfuls flour,
 4 eggs,
 $\frac{1}{2}$ cupful milk,
 1 heaping teaspoonful baking powder.

MRS. A. E. NORRIS.

COCOANUT KISSES.

White of 1 egg,
 1 large cupful sugar,

2 tablespoonfuls sweet milk,
 1 tablespoonful flour,
 $\frac{3}{4}$ pound grated cocoanut.

Beat white of egg until stiff, add sugar, milk and flour; work in the cocoanut, mould into cones and bake on buttered tins.

MRS. E. V. KELLEY.

COCOANUT PYRAMIDS.

Beat the whites of two eggs until light and stiff; mix with two cupfuls of grated cocoanut, one cupful powdered sugar, ten tablespoonfuls flour. Make into pyramids and bake brown.

A. E. N.

CRULLERS, NO. 1.

2 coffee cupfuls sugar,
 $\frac{3}{4}$ cupful sweet milk,
 3 eggs,
 1 tablespoonful butter,
 $\frac{1}{2}$ nutmeg,
 1 teaspoonful baking powder.

Flour enough to mould in shape and fry in hot fat.

MRS. R. D. JONES, Fresno.

CRULLERS, NO. 2.

1 cupful sugar,
 3 eggs,
 $\frac{3}{4}$ cupful milk,
 4 tablespoonfuls melted lard,
 2 teaspoonfuls baking powder,
 Pinch of salt,

Flour to make the dough stiff enough to roll. Cut into the shape you prefer and fry in hot lard.

M. L. PARKHURST.

DOUGHNUTS, NO. 1.

2 beaten eggs,
 1 cupful sugar,
 4 tablespoonfuls melted lard,
 1 cupful sweet milk,
 2 even teaspoonfuls baking powder,
 A little salt,
 Flavoring to taste.

Flour to make a soft dough and fry in hot lard.

MRS. DAISEY BARNES.

DOUGHNUTS, NO. 2.

4 eggs,
 2 cupfuls sugar,
 1 cupful sour cream,
 1 teaspoonful soda,
 Mix soft and drop into hot lard.

MRS. A. ELDER.

DOUGHNUTS, NO. 3.

1 rounding coffee cupful light brown sugar,
 3 tablespoonfuls melted butter,
 2 eggs,
 $\frac{2}{3}$ cupful sour milk,
 $\frac{1}{2}$ teaspoonful soda,
 $\frac{1}{2}$ teaspoonful baking powder.

The dough must be mixed as soft as possible to handle. If mixed stiff the doughnuts are ruined. The fat in which they are fried must be smoking hot, but not boiling.

MRS. J. S. PAINTER, Pacific Grove.

DOUGHNUTS, NO. 4.

1 cupful sugar,

1 egg,
1 pint buttermilk,
2 tablespoonfuls molasses,
1 tablespoonful soda,
Butter size of an egg,
Nutmeg to taste.

Mix all together with flour enough to mould into shape. Put in a little salt, pepper and lard, to take away the fatty smell.

M. E. TROWBRIDGE.

GINGER DROPS.

1 egg,
1 cupful sugar,
5 cupfuls flour,
1 tablespoonful ginger and cinnamon in flour,
 $\frac{3}{4}$ cupfuls butter,
2 cupfuls molasses (Orleans),
1 tablespoonful soda,
 $\frac{3}{4}$ cupful water.

Have thicker than cake mixture; drop from spoon. Bake them in dripping pans and have them just stiff enough so they will not be all in one cake.

GINGER SNAPS.

Take two cupfuls of boiled New Orleans molasses after it is cooled, one cupful lard and butter mixed, one teaspoonful of salt, soda and ginger. Mix them together with a quarter of a cupful of milk, adding enough flour to make a stiff dough. Any flavor may be added.

MRS. H. RAMSAY.

SOFT GINGER BREAD, NO. 1.

- 1 cupful butter, stir to a cream,
- ½ cupful brown sugar,
- 2 cupfuls cooking molasses,
- 1 cupful sweet milk,
- 1 tablespoonful ginger,
- 1 tablespoonful cinnamon,
- 3 eggs, whites and yolks beaten separately.

Beat all these ingredients together; add two cupfuls flour, one teaspoonful soda, dissolved in water, and, lastly, two cupfuls more of flour. Butter and paper two common sized bread pans; divide the mixture, putting half in each. Bake in a moderate oven from forty to sixty minutes. If sour milk is used the cake is much lighter; but either sweet or sour, it is excellent.

MRS. GEORGE CLARK.

SOFT GINGER BREAD, NO. 2.

- 1 cupful butter and lard mixed,
- 1 cupful sour milk,
- 1 cupful molasses,
- 1 tablespoonful soda beaten in the molasses until it foams,
- 3 eggs,
- 1 tablespoonful ginger,
- Flour consistency of cake batter.

MRS. EDWIN W. BRUNTON.

SOUR MILK GINGER BREAD.

- 1 cupful molasses,
- 1 cupful thick sour milk,
- 1½ teaspoonfuls soda,
- 3 teaspoonfuls ginger,

- $\frac{1}{2}$ teaspoonful cloves,
- $\frac{1}{2}$ teaspoonful cinnamon,
- $\frac{1}{2}$ teaspoonful salt,
- 1 egg,
- $\frac{1}{2}$ cupful melted butter,
- $2\frac{3}{4}$ cupfuls flour.

Sift all the dry ingredients together two or three times. Mix together the milk and molasses and add this gradually to the flour; add the beaten egg and melted butter last. Put in well-greased pan and bake twenty-five or thirty minutes.

OAT MEAL AND RAISIN GINGER BREAD.

Warm one pound molasses with one-quarter pound butter, lard or drippings and one-quarter pound brown sugar.

- 1 $\frac{1}{2}$ pounds fine oatmeal,
- $\frac{1}{2}$ pound flour,
- 1 teaspoonful baking powder,
- 1 tablespoonful ground ginger,
- $\frac{1}{2}$ teaspoonful mixed spices,
- 1 ounce candied peel, cut fine,
- 1 pound seeded raisins, chopped.

Pour the molasses, etc., over the dry ingredients and mix well. Pour into a buttered tin and bake.

GINGER CAKE.

- 1 $\frac{1}{2}$ pounds flour,
- $\frac{1}{4}$ pound butter,
- 1 pound molasses,
- $\frac{1}{4}$ pound brown sugar,
- 1 ounce ginger,
- $\frac{1}{2}$ ounce spice,

1 nutmeg,
 3 eggs,
 1 pound seeded raisins,
 A little lemon peel.

Mix the flour, sugar, ginger and spices together; warm the butter and molasses and add to the other ingredients. Dissolve a teaspoonful of soda in small half cupful warm milk, to which add the eggs well beaten. Mix all thoroughly, pour into a buttered cake tin and bake in a moderate oven one hour.

GINGER CAKES.

1 cupful brown sugar,
 $\frac{1}{2}$ cupful molasses,
 4 tablespoonfuls melted butter,
 $1\frac{3}{4}$ cupfuls flour,
 $\frac{1}{2}$ cupful sour milk, not very old,
 2 eggs, one will do,
 1 level teaspoonful soda,
 1 heaping teaspoonful ginger,
 1 level teaspoonful cinnamon.

Mix in the order given; put into gem pans and bake in a slow oven.

MACAROONS.

To the whites of two eggs well beaten add one coffee cupful of granulated sugar, one-half pound almonds blanched and chopped fine. Place little balls of the mixture on buttered papers in tins and bake in a cool oven till light brown. In case the mixture is not stiff enough add more sugar.

EMILY DAHLGREN.

SPANISH MACAROONS.

Pound eight ounces of blanched almonds and the same quantity of pulverized sugar, and three ounces rice flour; then the yolks of three eggs and beat until creamy; add the whites beaten stiff and stir all well. Flavor with almond or vanilla. Drop on white paper of the desired size and sprinkle with chopped nuts and coarse sugar. Bake at once in a moderate oven.

MRS. V. A. LEWIS, Santa Barbara.

MOONSHINERS.

Beat one egg, with a pinch of salt, then stir in enough sifted flour to make a stiff dough. Break off little pieces and shape into marbles; then roll out each one as thin as possible. Fry in hot lard just an instant, until light brown; cool. When needed put a teaspoonful of nice firm jelly in center of each. Very pretty and dainty.

MRS. G. S. WATERMAN.

TANGLE FOOT CAKES.

5 eggs beaten separately,
 1 tablespoonful sugar to each egg,
 1 tablespoonful sweet cream to each egg,
 2 teaspoonfuls baking powder,
 Flavor with vanilla,
 Flour enough to make a soft dough.

Cut, twist and fry in hot olive oil (Gower's).

MRS. TURNER.

MOLASSES CAKE.

Mix well one cupful sugar with three tablespoonfuls butter; add one cupful molasses

and two of thick sour milk; then two teaspoonfuls baking soda dissolved in a little water. Sift in enough flour to make a stiff batter; flavor to taste with ground ginger.

AGNES E. STREETER.

CHOCOLATE MACAROONS.

2 eggs, whites, beaten stiff,

$\frac{1}{2}$ pound sugar,

A little vanilla,

$\frac{1}{2}$ pound unsweetened chocolate, grated.

Stir fifteen minutes; bake very carefully in not too hot oven. No time, use paper not buttered.

MRS. C. B. STONE.

NUT KISSES.

2 pounds powdered sugar or sifted granulated,

12 eggs (whites only) beaten very light.

Beat eggs first very stiff then add sugar.

2 teaspoonfuls vanilla,

6 even tablespoonfuls flour,

2 teaspoonfuls lemon,

1 pound nut crumbs.

Only mix in nuts as you bake; drop from spoon in small mounds. Bake in pan not greased, in a very slow oven until a delicate brown.

MARGUERITES.

Whites of 2 eggs well beaten,

1 cupful granulated sugar.

After well beaten together add 1 cupful walnuts, chopped fine; flavor with vanilla. Spread on salted crackers and brown in the oven.

MISS SARAH COLEMAN.

NUT CRISPS.

1 tablespoonful butter,
 1 cupful sugar,
 1 teaspoonful vanilla,
 2 eggs,
 2½ cupfuls rolled oats (dry),
 2 teaspoonfuls baking powder,
 ½ teaspoonful salt mixed with the oats.

Drop by small spoonfuls and bake in very slow oven.

MRS. E. Y. GARRETTE.

NOTHINGS.

½ cupful butter,
 1 cupful flour.

Rub together, moisten with sweet cream, pinch of salt, roll very thin and cut out with a doughnut cutter. Dip in the beaten white of an egg, then in blanched almonds chopped fine, and pulverized sugar. Bake in a quick oven, like cookies.

NUT CAKES BAKED IN GEM PANS.

2 eggs,
 2 cupfuls brown sugar,
 2 cupfuls flour,
 1 teaspoonful baking powder,
 2 tablespoonfuls water,
 2 cupfuls nut-meats.

PEPPER NUTS.

4 eggs,
 Grated peels 3 lemons,
 1 pound granulated sugar.

4 ounces citron chopped fine,
 1 teaspoonful ground cloves,
 1 teaspoonful allspice, ground,
 3 teaspoonfuls ground cinnamon,
 1 even teaspoonful ground pepper,
 1 even teaspoonful soda,
 Flour enough to roll out stiff.

Cut them the size of a silver quarter, about one-half inch thick. Spread on the baking board and leave them until next morning, then bake in a slow oven. Much improved when a few weeks old.

MRS. W. A. ROBERTSON.

ROCKS.

1½ cupfuls brown sugar,
 3 eggs beaten separately,
 1 cupful butter,
 1½ pounds walnuts chopped,
 2½ cupfuls flour,
 1 pound seeded raisins,
 1 teaspoonful cinnamon,
 1 teaspoonful soda,
 Pinch of salt,

Make in balls and bake a dark brown.

MRS. KLEEBURGER.

ROCK CAKES.

1 pound flour,
 ½ pound sugar,
 ½ pound currants,
 ½ pound butter,
 ¼ pound citron,
 2 teaspoonfuls baking powder,
 3 eggs,
 ½ cupful milk,

Bake in small tins.

MRS. RUTH ALBRECHT.

SHREWSBURY CAKES.

2 cupfuls butter,
 1 pint of sugar,
 4 eggs,
 3 pints flour,
 $\frac{1}{2}$ teaspoonful mace.

Roll thin and cut into small cakes and bake in a quick oven. No more flour than what is given above must be used. The cakes should be made in a cool room and cannot be made in warm weather. They can be kept a long time and are delicious.

MRS. JOHN A. YOUNG.

SCOTCH SCONES.

Sift one quart flour, two heaping teaspoonfuls baking powder, tablespoonful sugar and a little salt; add milk enough to make soft paste; turn onto well-floured board and roll out until one-half inch thick. Cut out the scones with large or small round cutter and bake on a hot griddle. When brown on one side, turn. When done, place on clean towel and cover to keep soft. If butter-milk is used take soda instead of baking powder.

MARGARET DARLING.

SCOTCH SHORTBREAD.

1 pound flour,
 $\frac{1}{2}$ pound butter,
 $\frac{1}{4}$ pound sugar,
 Small teaspoonful baking powder.

Knead sugar into butter then gradually knead in flour until all is used up. Shape into two flat cakes three-quarters of an inch thick and bake in moderate oven until a light brown or about

twenty or thirty minutes. Bake in flat, papered tins.
MARGARET DARLING.

SNIPPDOODLES.

1 cupful sugar,
1 tablespoonful butter,
 $\frac{1}{2}$ cupful sweet milk,
1 egg,
1 cupful flour,
1 teaspoonful baking powder,
1 teaspoonful cinnamon.

Cream the butter; add the sugar, then the egg well beaten. Sift flour, baking powder and cinnamon together; then add the milk. Spread very thin on a tin and bake. When nearly done sprinkle with sugar; when brown remove from the oven and cut into squares and remove quickly with a knife. They should be thin and crispy.

MRS. NASON.

TEXAS JUMBLES.

1 $\frac{1}{2}$ pounds flour,
1 pound sugar,
 $\frac{3}{4}$ pound butter,
3 eggs,
1 teaspoonful soda,
1 small cupful milk.

This receipt has been tried for thirty-four years and has never failed.

MRS. THOMAS HIRST, Oregon.

CHOCOLATE WAFERS.

1 cupful brown sugar,
1 cupful white sugar,

1 cupful grated chocolate,
½ cupful water,
1 egg,
1 teaspoonful baking powder,
Flour to make stiff.

Roll very thin and bake in a quick oven.

WALNUT CAKES.

2 eggs well beaten,
1 cupful brown sugar,
1 tablespoonful molasses,
1 cupful walnuts,
½ teaspoonful salt,
Spice or ginger,
1 cupful flour.

Drop by teaspoonfuls on buttered pans and bake in quick oven.

MRS. A. M. LYNES.

WALNUT WAFERS.

Beat two eggs till light, add one cupful brown sugar and beat again. Beat in one cupful chopped walnuts and three tablespoonfuls sifted flour. Drop on buttered tins about the size of a half dollar and far apart. Bake in a moderate oven. Remove from tins when cold. Keep in a tightly covered tin box.

MRS. DAHLGREN, Easton.

Puddings.

MRS. J. E. TURNER.

Puddings hot and puddings cold,
Made by methods new and old,
Partake, kind friends, quite moderately,
Lest strange visions you may see.

In making puddings the moulds or dishes in which they are cooked should be well buttered. Boiled puddings should be put in into boiling water and the water kept boiling steadily all the time; adding hot water, as the water in which the pudding is cooked evaporates. Not only the mould, but the kettle also must be closely covered. If a bag is used, wring it out of hot water and flour it well; and when the pudding is done dip it into cold water, and it will come out easily; the same may be done with a mould. It takes nearly twice as long again to boil or steam as it does to bake. Raisins should be well dried lest the pudding be heavy; and for a quickly cooked pudding we think the raisins should be previously cooked.

CHRISTMAS PLUM PUDDING, NO. 1.

1 cupful suet, finely chopped,
2 cupfuls bread crumbs,
1 cupful sugar,
1 cupful raisins, seeded,
1 cupful currants,
1 cupful nuts, chopped well,

$\frac{1}{2}$ cupful citron,
 1 cupful sour milk,
 1 teaspoonful soda, dissolved in the milk,
 1 teaspoonful cloves,
 2 teaspoonfuls cinnamon,
 $\frac{1}{2}$ of a grated nutmeg,
 4 eggs, well beaten,

Flour your fruit well from one pint of flour and add the rest to the pudding. Boil or steam four hours.

KATE PRATT.

CHRISTMAS PLUM PUDDING, NO. 2.

1 pound of flour,
 1 pound bread crumbs,
 2 pounds chopped suet,
 1 $\frac{1}{2}$ pounds currants,
 1 pound sugar,
 $\frac{1}{2}$ pound mixed candied peel,
 $\frac{1}{2}$ pound almonds,
 $\frac{1}{2}$ teaspoonful nutmeg,
 Rind and juice of 1 lemon,
 6 eggs,
 $\frac{1}{2}$ bottle Guinness Stout,
 1 tea cupful brandy.

Chop suet fine; add flour and bread crumbs, and almonds blanched and chopped, sugar, peel, lemon, spice, eggs, and lastly, the stout and brandy. Boil in pudding mould seven hours.

MARGARET DARLING.

CHRISTMAS PLUM PUDDING, NO. 3.

3 cupfuls sifted flour,
 1 cupful seeded raisins,
 $\frac{1}{2}$ cupful thinly sliced citron,
 1 cupful sugar,

1 cupful chopped walnuts,
 2 tablespoonsful olive oil (Gower's),
 $\frac{1}{2}$ teaspoonful each of cinnamon, cloves,
 nutmeg and grated lemon peel,
 1 teaspoonful soda,
 1 teaspoonful salt,
 4 eggs, thoroughly beaten,
 Sour milk to make a thick batter.

Steam four hours. Serve with lemon sauce, made with one cupful of sugar dissolved in one pint of hot water. When the water comes to a boil, stir slowly into it a tablespoonful of whole wheat flour, rubbed smooth in one-half cupful of cold water. Let boil ten minutes; stir in a lump of butter, a sprinkle of nutmeg, and pour it over a thinly sliced lemon. Set to cool.

MRS. AMOS HARRIS.

PLUM PUDDING.

1 pound suet, shredded and chopped,
 1 pound sugar,
 $\frac{3}{4}$ pound stale bread crumbs,
 $\frac{1}{4}$ pound flour,
 $\frac{1}{4}$ pint brandy,
 5 eggs,
 2 pounds stoned raisins,
 1 pound currants,
 1 pound mixed citron,
 2 teaspoonfuls cinnamon,
 1 teaspoonful allspice, cloves, nutmeg and salt,
 Candied orange and lemon peel.

Boil in well floured cloth or coarse mould five hours. This can be made a month in advance, boiling two hours on the day of using. The Queen of England, a few years ago, offered a prize for

the best plum pudding recipe obtainable in her kingdom. Five hundred recipes were submitted, the one given above receiving the prize.

AGNES R. SENGSTACKEN, Oregon.

PLUM PUDDING WITHOUT EGGS.

Add one teaspoonful soda, dissolved in one tablespoonful hot water, to one cupful molasses and beat until light. To this add—

- 1 cupful sweet milk,
- $\frac{3}{4}$ cupful chopped suet,
- 1 teaspoonful cinnamon,
- $\frac{1}{3}$ teaspoonful nutmeg,
- $\frac{1}{3}$ teaspoonful cloves,
- 3 cupfuls whole wheat flour,
- 2 or more cupfuls chopped raisins,
- 1 whole candied orange peel, chopped,
- 1 cupful chopped citron.

Steam in a buttered mould three to five hours. Serve hot with a hot sweet sauce. If any of the pudding is left it can be sliced, the slices placed on a plate and reheated in a steamer.

MRS. E. J. DURHAM.

SPICED MEAT PUDDING.

- 3 cupfuls flour,
- 1 teaspoonful each soda, salt and ginger,
- $\frac{1}{2}$ teaspoonful each of cinnamon, nutmeg and cloves.

Sift all together. Add one cupful finely chopped suet, 1 cupful molasses, one cupful sour milk, (mixed together), one cupful seeded raisins. Mix all together and boil two hours in double boiler.

MISS EMMA BARNETT.

EXCELLENT SUET PUDDING.

- 1 quart flour,
 - 1 cupful seeded raisins, chopped,
 - 1 cupful suet,
 - $\frac{1}{2}$ cupful molasses, the cup filled up with sugar,
 - 2 cupfuls sweet milk,
 - 1 teaspoonful soda,
 - Salt and spices to taste.
- Steam three hours.

MRS. DAISEY BARNES.

SUET PUDDING, NO. 1.

- 1 cupful suet, chopped fine,
- 1 cupful raisins, seeded and chopped,
- 1 cupful molasses,
- 1 cupful sweet milk.
- 3 cupfuls flour,
- 1 teaspoonful each cinnamon, cloves and soda.

Boil in cloth two and one-half hours. Serve with sweet sauce.

MRS. WILLIAM DODSON.

SUET PUDDING, NO. 2.

- 1 cupful finely chopped suet,
- 1 cupful brown sugar,
- 1 cupful hot water,
- 1 cupful raisins, chopped,
- 2 cupfuls flour,
- 2 teaspoonfuls baking powder,
- 1 teaspoonful each cinnamon, cloves and nutmeg.

Steam from two to five hours; the longer the better. Serve with lemon sauce.

MRS. ANGIE TURNER.

BLACK PUDDING, NO. 1.

1 cupful sugar,
 1 cupful molasses or syrup,
 1 cupful sweet milk,
 1½ cupfuls flour,
 6 eggs,
 1 teaspoonful allspice,
 2 teaspoonfuls cinnamon,
 1½ teaspoonful cloves,
 1 teaspoonful nutmeg,
 1 teaspoonful soda.

Steam one hour.

SAUCE,—

1 large cupful sugar,
 1 scant cupful butter,
 1 egg, well beaten.

Heat on back of stove.

MRS. ELLA DODSON.

BLACK PUDDING, NO. 2.

1 cupful molasses,
 1 teaspoonful ginger,
 Yolks of 2 eggs,
 1 teaspoonful soda in cupful water,
 2 cupfuls flour.

Steam one and one-half hours.

SAUCE,—

½ cupful butter,
 1 cupful powdered sugar,
 Flavor with vanilla.

Whites of 2 eggs beaten stiff and added last of all.

MRS. J. R. SHRUM.

CABINET PUDDING.

Use a plain, smooth mould with straight sides;

butter it thickly with cold butter. Stick all around it on the sides and bottom small slices of French candied fruit, if wished; very rich; or Sul-tana raisins and currants for a plainer pudding. They may be placed in any fancy shape. One-half pound is sufficient for a three-pint mould. Place slices of cake (sponge cake is best) on the layer of fruit; then fill the mould with alternate layers of fruit and cake. Pour over all a custard made of six eggs, one pint of milk, four table-spoonfuls sugar. Steam the pudding either in a kettle of water over the fire, allowing the water to come half way up the sides, or in a pan of water set in the oven. Cook about forty-five minutes. Test by running a knife down the center; if no liquid adheres it is done. Bread may be used instead of cake. Serve with jelly sauce made of two tablespoonfuls sugar, one teaspoonful corn starch, one tablespoonful jelly, one pint water. Cook a few minutes. MRS. L. P. WARD.

RAISIN PUFFS.

- 2 eggs,
- 2 tablespoonfuls sugar,
- 4 tablespoonfuls butter,
- 1 cupful sweet milk,
- 3 tablespoonfuls baking powder,
- 2 cupfuls flour,
- 1 cupful raisins, seeded.

Steam one hour. To be eaten while hot with sauce.

K. MARDEN.

STEAMED PUDDING.

- 2 cupfuls graham flour,
- 2 cupfuls seeded raisins,

1 cupful sour milk,
 1 egg,
 1 nutmeg,
 1 teaspoonful soda,
 1 teaspoonful cinnamon,
 $\frac{1}{2}$ teaspoonful cloves,
 1 cupful molasses.

Steam $3\frac{1}{2}$ hours.

SAUCE,—

1 cupful sugar,
 $\frac{1}{4}$ cupful butter.

Add a teaspoonful flour to the sugar; beat until it creams; add boiling water and let boil two or three minutes. NANNIE S. GIFFEN.

PUDDING, JOHN'S DELIGHT.

2 cupfuls bread crumbs,
 $\frac{1}{2}$ cupful finely chopped suet,
 $\frac{1}{2}$ cupful molasses,
 1 cupful sweet milk,
 1 cupful raisins;
 $\frac{1}{2}$ teaspoonful cloves,
 1 teaspoonful cinnamon,
 Pinch of salt,
 1 teaspoonful soda dissolved in the milk.

Boil two hours. Serve with sauce made as follows: Beat one-half cupful butter and three-fourths cupful sugar to a cream. Just before serving pour into it one cupful boiling water and the well beaten whites of two eggs. This is sufficient for six persons. N. J. SLOAN.

BREAD PUDDING, BOILER.

Soak about a quart of pieces of dried bread in warm water until soft; add three well beaten

eggs, one cupful sugar, one cupful raisins. Mix well. Boil in a bag or pudding mould an hour or two.

F. J. ALSIP, Fresno.

GRAHAM PUDDING, NO. 1.

2 eggs,
 1 scant cupful milk,
 1 heaping cupful graham flour,
 1 cupful chopped raisins,
 $\frac{3}{4}$ cupful molasses,
 1 teaspoonful soda, salt, cinnamon, cloves
 and nutmeg.

Steam three hours.

SAUCE,—

1 cupful sugar,
 1 beaten egg,
 $\frac{1}{2}$ cupful butter stirred to a cream with
 sugar,
 Grated rind of 1 lemon,
 Juice of $\frac{1}{2}$ lemon.

Beat thoroughly with sugar and butter, and add five tablespoonfuls hot water, one at a time. Keep hot but do not let boil.

MRS. E. G. CHADDOCK.

GRAHAM PUDDING, NO. 2.

1 cupful creamy milk,
 1 cupful molasses,
 $\frac{1}{2}$ cupful flour,
 $1\frac{1}{2}$ cupfuls graham flour,
 1 cupful raisins,
 $\frac{1}{2}$ cupful currants,
 1 teaspoonful soda,
 $\frac{1}{2}$ teaspoonful each cinnamon and cloves.

Steam two or three hours; serve with this

sauce: Mix two tablespoonfuls flour with one-half cupful cold water; add one pint boiling water and grated rind of one lemon. Stir till it boils, then add one-half cupful or more of sugar, one tablespoonful butter, the juice of one lemon and a little nutmeg. **BLANCHE TURNER.**

GRAHAM PUDDING, NO. 3.

1½ cupfuls graham flour,
 1 cupful seeded and chopped raisins,
 1 cupful milk,
 ⅔ cupful molasses,
 ¼ teaspoonful each of cinnamon, cloves
 and allspice,
 1 teaspoonful soda.

Steam three hours.

SAUCE,—

1½ cupfuls sugar,
 ½ cupful butter,
 ½ cupful water,
 2 eggs,
 Grated rind and juice of lemon.

Heat in a double boiler but do not boil.

HARRIET L. NYE, Oakland.

GRAHAM FRUIT PUDDING.

1½ cupfuls graham flour,
 1 egg,
 ½ cupful molasses,
 1 cupful sweet milk,
 ¼ cupful butter,
 1 teaspoonful soda stirred in molasses,
 Salt to taste,
 1 teaspoonful cinnamon,
 ½ teaspoonful cloves, nutmeg and allspice.

1 teacupful seeded raisins.

Put in covered dish and steam three hours.

SAUCE,—

1 cupful sugar,

2 tablespoonfuls butter,

1 tablespoonful corn starch,

1 pint boiling water.

Cook until clear and flavor with salt and nutmeg to the taste. The pudding is good steamed over and will keep well.

MRS. E. L. BRUCE, Kansas City.

BATTER PUDDING.

1 cupful milk,

1 heaping tablespoonful butter,

$\frac{1}{2}$ cupful flour, sift twice,

3 eggs.

Put the milk in a double boiler. When hot, add the butter. Let the mixture boil, then stir in the flour slowly and beat hard with a spoon, until it leaves the sides of the pan; then remove from the fire and stir in gradually the eggs, which have been well beaten—the yolks and whites together; add a pinch of salt. Continue to beat the batter until it is no longer stringy. The batter may be left to stand awhile now, if it is necessary. Turn into a warmed and greased dish and baked in moderate oven 30 to 35 minutes. Should puff up like pancakes. Serve with hard sauce.

MRS. CHARLES B. STONE,

San Francisco.

CORN MEAL PUDDING.

Scald a quart of milk in a double boiler; stir in slowly one and one-half cupfuls corn meal; cover

and let steam a few minutes; now beat in a tablespoonful olive oil (Gower's), a handful chopped nuts, a pint cold milk, a pinch of salt and a sprinkle of nutmeg. Bake three or four hours in a covered dish set in water.

MRS. AMOS HARRIS.

THE BANNOCK.

(A Nantucket Recipe.)

Scald a quart of fresh milk in a double boiler, and turn gradually over one cupful corn meal, stir well to avoid lumps; put over the fire again and boil, stirring all the time until well thickened. Remove and cool to blood warmth, then add five well beaten eggs, two tablespoonfuls sugar and a teaspoonful salt. Bake about three-quarters of an hour in a buttered pudding dish. It will rise in the dish and the top be a crisp brown when done. Fine with cream.

A. E. TURNER.

FIG PUDDING.

2 breakfast cupfuls of bread crumbs,
 $\frac{1}{2}$ pound figs,
 $\frac{1}{4}$ pound suet,
 1 breakfast cupful milk,
 1 teacupful flour,
 2 eggs,
 $\frac{1}{4}$ pound sugar,
 Nutmeg.

Chop the figs rather fine and put them in a saucepan with the milk to stew for one-quarter of an hour. Put into a basin the bread, flour and suet chopped fine; also the sugar and a very little

nutmeg and mix them well. Add the figs and milk, then the eggs well beaten and whisk all thoroughly with a fork. Butter a basin or mould, pour the pudding in; place in a saucepan containing a little boiling water and steam for one and one-half hours. Serve with sweet sauce.

MARGARET DARLING.

FIG PUDDING, NO. 2.

$\frac{1}{2}$ pound suet, chopped fine,
 $\frac{1}{2}$ pound bread crumbs,
 $\frac{1}{2}$ pound sugar,
 2 pounds dried figs, chopped very fine,
 4 eggs,
 1 cupful milk,
 1 cupful brandy,
 Nutmeg,
 1 teaspoonful baking powder,
 2 tablespoonfuls flour.

Steam four hours in a a mould. Serve with hard sauce flavored with vanilla and brandy. Excellent. Half the recipe is sufficient for six persons.

F. J. ALSIP.

DRIED FIG PUDDING.

1 cupful bread crumbs,
 $\frac{1}{2}$ teaspoonful cloves,
 1 teaspoonful cinnamon,
 $\frac{1}{2}$ cupful chopped figs (slightly floured),
 $\frac{1}{4}$ cupful sugar.

Mix; beat three eggs; add to them one-half cupful milk and put with fig mixture; then add two tablespoonfuls melted butter, one-half cupful flour and one teaspoonful baking powder. Steam in cups one-half hour.

HARD SAUCE.—

$\frac{1}{2}$ cupful butter,

$\frac{1}{4}$ cupful milk,

1 cupful powdered sugar.

Cream butter with hand; add sugar slowly, then the milk very slowly. Flavor with nutmeg.

MRS. W. D. WILSON.

DRIED APRICOT ROLLY POLLY
PUDDING.

To one quart of flour add three teaspoonfuls best baking powder, also a pinch of salt; sift flour; add a little lard and milk or water to make a soft dough. In a porcelain pan on the stove have two quarts of boiling water; add two or three cupfuls sugar, pinch salt, butter the size of an egg and one teaspoonful grated nutmeg. Divide the dough into three parts, roll out thin and spread fruit, much or little as you like; roll up and pinch together and lay in pan of boiling sauce. Place the pan in hot oven and bake rolls till done.

DEEP PEACH PUDDING.

2 cupfuls flour,

2 tablespoonfuls baking powder,

2 tablespoonfuls lard or butter,

1 teaspoonful salt.

Mix flour, baking powder, salt and lard, and add water for a soft batter. Fill a deep pudding dish with cut peaches and pour the batter over the top. Cook for half an hour on the top of the stove then for half an hour in the oven. Other fresh fruit may be used in the same way.

A. APPELGARTH.

1 cupful sorghum molasses,
 1 teaspoonful soda,
 Butter size of an egg,
 Spices to taste.
 4 cupfuls flour.

Bake slowly, till when pierced with a sliver it will come out clean. Serve with sweet sauce.

MRS. LAURA WILDEY.

BUTTERMILK PUDDING.

$\frac{1}{2}$ cupful sugar,
 $\frac{1}{2}$ cupful butter,
 1 egg,
 1 cupful buttermilk,
 1 small teaspoonful soda,
 Flour to make as stiff as cake batter.

Add raisins or any kind of fruit and steam in greased mould two hours. Serve with sauce made as follows:

1 cupful sugar,
 $\frac{1}{2}$ cupful butter,
 1 tablespoonful flour mixed with a little water.

Stir all together and pour one pint of boiling water over it and stir until it thickens,

MRS. CHARLES NELSON.

APPLE AND BROWN BREAD PUDDING.

Take a pint of brown bread crumbs, a pint of chopped apples; mix; add two-thirds of a cupful of finely chopped suet; a cupful raisins, one egg, one tablespoonful flour, one-half teaspoonful salt. Mix with one-half pint milk and boil in buttered mould about two hours. Serve with lemon sauce.

MRS. A. J. MITCHEL.

DATE PUDDING.

1 cupful chopped suet,
 1 pound dates cut in three pieces,
 $\frac{3}{4}$ cupful sugar,
 2 teaspoonfuls yeast powder,
 2 cupfuls flour,
 $\frac{1}{2}$ teaspoonful salt,
 1 cupful milk.

The water must be boiling when pudding is put in. Boil two and one-half hours.

R. S. J.

APPLE PUDDING.

Fill a baking dish with sliced apples and pour over the top a batter made of one tablespoonful butter, one-half cupful sugar, one egg, one-half cupful sweet milk, one cupful flour, in which has been sifted one teaspoonful baking powder. Bake in moderate oven until brown.

SAUCE.—

1 cupful butter,
 1 cupful powdered sugar,
 $\frac{1}{2}$ cupful milk,
 1 egg,
 $\frac{1}{2}$ nutmeg.

Beat butter to a cream; add the sugar gradually; when it becomes light add the egg. Pour gradually into it one-half cupful hot milk and beat well. Serve at once.

MRS. GEO. W. CLARK.

CARROT PUDDING.

1 cupful each grated carrots and potatoes,
 1 cupful seeded raisins,

ONE, TWO, THREE FOUR PUDDING.

1 cupful butter,
 2 cupfuls sugar,
 3 cupfuls flour,
 4 eggs,
 1 cupful sour milk.

Bake in pan and serve with butter sauce—

1 cupful butter,
 2 cupfuls sugar.

Beat to a cream, add two beaten eggs and thin with boiling water. MRS. WARD.

POTPOURRI.

1 pint stale bread crumbs,
 $\frac{1}{2}$ cupful nuts,
 $\frac{1}{2}$ cupful dried cheese,
 $\frac{1}{3}$ cupful milk.

Brown the bread crumbs. Mix nuts and cheese after grating each together. Place a layer of the bread in a baking pan, then a layer of the mixture, alternating until all is used. Pour over this the milk. Bake at once in a moderate oven.

QUEEN PUDDING.

1 quart milk,
 1 pint finely grated bread crumbs,
 1 cupful sugar,
 Yolks of 4 eggs, beaten,
 Grated rind of one lemon,
 Butter size of an egg,

Bake until done; not watery. Spread over pudding a layer of jelly, or nice jam. Beat the whites of the four eggs stiff; slowly beat in one cupful of sugar, to which has been added the juice

of one lemon; pour this over the jam and return to the oven to brown slightly. To be eaten cold without sauce.

MRS. Z. L. WARD.

QUEEN PUDDING, NO. 2.

Mix the yolks of two eggs with one cupful bread crumbs, two cupfuls milk, one tablespoonful sugar and a pinch of salt; add the well beaten whites. Now make a lemon butter. Beat three eggs with one-quarter cupful butter, one cupful sugar, the rind and juice of one and one-half lemons. Mix together, set the saucepan in a pan of water to cook. Put pudding into a pudding dish, cover with the lemon butter and bake until set. Make merangue of whites of two eggs, a little sugar and cover the top of pudding, browning a little.

MRS. KATE MARDEN.

LEMON PUDDING.

Cream together two cupfuls sugar and one scant cupful butter; add juice and grated rind of two lemons; the yolks of six eggs, one pint milk, or water, and six rolled crackers. Bake; make a merangue with six whites of eggs and six tablespoonfuls sugar, and slightly brown.

MRS. J. M. TURNER.

ORANGE PUDDING.

- 3 large oranges,
- 2 cupfuls light bread crumbs,
- 2 tablespoonfuls butter,
- 1½ small cupfuls sugar,
- 6 eggs,
- Milk enough to moisten crumbs.

Soak crumbs in milk; cream butter and sugar, and add the well beaten yolks of six eggs; stir into the bread and milk; add grated rind of one and juice of three oranges, and bake in a moderate oven. Beat whites stiff, add plenty of sugar, the grated rind of two oranges and a little juice; spread over top and return to oven to brown.

MRS. E. G. CHADDOCK.

CREAM SAGO PUDDING.

1 quart milk,
 ½ cupful sago,
 1 cupful sugar,
 3 eggs,
 Pinch of salt.

Soak sago in water fifteen minutes. Pour off water and put into one quart of boiling milk; cook until the grains of the sago are clear. Beat yolks of eggs and three tablespoonfuls milk with one cupful sugar. When off the stove add the yolks and afterwards the beaten whites, add a pinch of salt and vanilla flavoring. Serve hot or cold with cream.

JOSEPHINE R. MITCHEL.

SAGO PUDDING.

Cook one-third cupful of sago in one quart of milk in double boiler one hour, or until the sago is transparent. Stir in one-half teaspoonful salt and one tablespoonful butter. Beat one egg with one-half cupful sugar, and stir into the sago. Put the whole into a pudding dish and bake about twenty minutes, or until it browns. Serve hot with butter or cream.

SEMIE TURNER.

TAPIOCA FRUIT PUDDING.

Soak one cupful tapioca in one quart of water over night; add one cupful sugar, one cupful seeded raisins, one pineapple sliced very thin or five apples pared and sliced thin. If needed, add a little warm water. Bake one and one-half hours. Beat whites of two eggs to a stiff froth; add two tablespoonfuls of pulverized sugar, spread over the pudding and brown. Serve with cream.

MRS. A. P. ERICKSON.

TAPIOCA CREAM.

Soak two tablespoonfuls tapioca in one quart milk over night; steam until clear in double boiler; add a pinch of salt, one-half cupful sugar, 1 tablespoonful corn starch (moistened), yolks of three eggs, one teaspoonful vanilla, and cook until thick. Put in pudding dish, cover top with the stiffly beaten whites of the eggs and a little sugar and set in the oven till a delicate brown.

MRS. MARLOWE.

TAPIOCA CUSTARD.

Soak four tablespoonfuls pearl tapioca over night in two cupfuls water; add four cupfuls milk and cook in double boiler until the tapioca is clear; beat the yolks of four eggs, one cupful sugar, one-half teaspoonful salt, four tablespoonfuls prepared cocoanut, four tablespoonfuls water thoroughly and stir into the milk and tapioca and cook a few minutes; stirring all the time, then pour into a pudding dish. Beat the whites of the eggs, add a little sugar, spread on top of pudding; add a sprinkle of cocoanut and

brown delicately in the oven.

MRS. J. E. TURNER.

CALIFORNIA SNOW.

Soak a teacupful pearl tapioca in just enough water to be absorbed. Cook in one quart milk. Shortly before it is done add one-half cupful sugar and pinch of salt. It should be white and creamy. Season delicately. Serve in flat sauce dishes and place a half pear (canned) on each dish and fill cavity with whipped cream.

A. E. T.

KISS PUDDING.

Add three tablespoonfuls corn starch, mixed with three-fourths cupful cold milk to one quart boiling milk; boil five minutes, then whip in one-half cupful sugar and beaten yolks of four or five eggs, one teaspoonful butter and flavor with vanilla or lemon, or both. Pour into a bake pudding dish, then beat the whites of the eggs to a stiff froth; beat into them two-thirds cupful of sugar and pour over the pudding. Put in the oven until lightly browned. If wanted very nice, save a little of the frosting to moisten the top of the pudding and sprinkle cocoanut over the top to make it look like snow.

MRS. Z. L. WARD.

BREAD PUDDING.

1 quart milk,
2 cupfuls fine bread crumbs,
2 tablespoonfuls melted butter,
 $\frac{1}{4}$ teaspoonful soda in two teaspoonfuls

boiling water,

Four eggs, whites and yolks beaten separately.

Heat milk and bread crumbs on stove, then add soda and yolks, putting whites in last.

SAUCE,—

2 cupfuls sugar,

$\frac{1}{2}$ cupful butter beaten to a cream.

Add two-third cupful boiling water and just before serving, one egg. MRS. NORRIS.

OLD FASHIONED RICE PUDDING.

To one quart of rich milk add two tablespoonfuls well cleaned rice, two tablespoonfuls sugar, a grating of nutmeg and one-quarter cupful seeded raisins. Stand pudding dish in oven, cook slowly, stirring down the crust for the first two hours, then allow a paper like crust to form. Serve cold. MRS. TURNER.

CREAM RICE PUDDING.

Boil gently till quite soft three ounces rice, one quart milk. When sufficiently cooked remove from fire, add one-quarter pound sugar, one pint cold milk; flavor with vanilla and a little nutmeg. Pour the pudding into a large pudding dish or in several small ones, and place in a moderate oven until a light brown on top.

FLOATING ISLAND.

Beat the yolks of three eggs until very light, sweeten and flavor to taste; stir into a quart of boiling milk. Cook until it thickens. When cool pour into a low glass dish, whip the whites of the

eggs to a stiff froth, sweeten and set over a dish of boiling water to cook. Take a tablespoon and drop the whites on top of the cream, far enough apart so that the "little white islands" will not touch each other. By dropping little specks of jelly on each island a pleasing effect will be produced.

CHOCOLATE PUDDING, NO. 1.

Stir four tablespoonfuls grated chocolate and three-quarters cupful sugar into a quart boiling milk. When it is beaten smooth add the yolks of five eggs and two tablespoonfuls of corn starch dissolved in a little milk. Stir until it thickens and flavor with vanilla. Pour the mixture in a pudding dish and bake until well set. Beat the whites of five eggs very light, add five tablespoonfuls sugar and spread over the top. Bake to a delicate brown; also good cold.

MARY J. HALLECK, Madison, Wis.

CHOCOLATE SOUFFLE.

One cupful milk, brought to boiling point; mix two tablespoonfuls butter with one-half cupful flour. Stir this into the boiling milk; take off the stove and stir in three tablespoonfuls chocolate and the yolks of five eggs. Beat the whites very stiff and add mixture. Grease a pan with butter and pour it in. Set in another pan of hot water and bake in a moderate oven half an hour. Eat with cream or custard sauce.

CHOCOLATE PUDDING, NO. 2.

2 breakfast cupfuls milk,

$\frac{2}{3}$ breakfast cupfuls bread crumbs,
 1 breakfast cupful sugar,
 5 eggs (yolks and whites beaten separately),
 4 tablespoonfuls grated chocolate.

Heat milk, sugar and bread crumbs in a saucepan and when hot add the yolks of the eggs and the chocolate. When scalded take from the fire and stir in the whites of the eggs. Put in a pudding dish and bake.

A. APPLGARTH.

CHOCOLATE CREAM PUDDING.

Put two ounces of chocolate into a double boiler. When melted add pint hot milk and one-half cupful sugar; stir until thoroughly mixed, then add teaspoonful vanilla. Moisten two tablespoonfuls corn starch, add to the milk; cook until smooth and thick. Now stir in the well beaten yolks of four eggs; turn this into the serving dish. Beat the whites of the eggs until they are light; add four tablespoonfuls powdered sugar and beat until stiff and light; place over the pudding, dust thickly with powdered sugar and stand the dish on a board in the oven until it is a golden brown.

MRS. RORER.

LEMON DUMPLINGS.

1 pint flour,
 $\frac{1}{2}$ teaspoonful soda,
 1 teaspoonful cream tartar.

Sift together; mix with one cupful milk or water.

SYRUP,—

$\frac{1}{2}$ cupful molasses,
 1 $\frac{1}{2}$ cupfuls sugar,

2 cupfuls water,
2 lemons sliced thin.

Let syrup come to boil, drop in dumplings and cook fifteen minutes. MRS. C. H. NORRIS.

LEMON ROLL.

$\frac{3}{4}$ pound flour,
6 ounces lard or drippings,
Juice 1 large lemon,
1 teaspoonful flour,
Sugar to taste.

Make the above proportions of flour and lard into a smooth paste and roll it out to the thickness of one-half inch; squeeze the lemon juice, strain it into a cup and stir a teaspoonful of flour into it; add sugar to taste. Spread it over the paste, roll it up, secure the ends, tie the pudding in a floured cloth and boil two hours.

ASENETH E. TURNER.

RAISIN AND RICE PUDDING.

$1\frac{1}{2}$ cupfuls best rice,
1 cupful seeded raisins,

Wash the rice thoroughly, put in porcelain pan and cover with cold water; add salt to taste, also the cupful raisins and boil slowly until well done. To be eaten with sugar, cream and nutmeg sauce. It is delicious. PACIFIC FRUIT WORLD.

STRAWBERRY PUDDING.

(or Pudding with Strawberry Sauce.)

The pudding is made after cottage or three-egg sponge cake recipe. Cottage pudding is

steamed one hour.

1 cupful sugar,

$\frac{1}{3}$ cupful butter,

1 cupful sweet milk,

2 cupfuls flour;

1 heaping teaspoonful baking powder,

1 beaten egg,

Any flavor.

The sauce is the principal thing. Set a bowl into top of teakettle which boils gently. It must not do more. Into the bowl put one cupful sugar, one-third cupful butter; break over that an egg. The steam should never be hot enough to cook the egg, only soften the butter and sugar. As it begins to melt, take an egg beater and whip till frothy, then whip that into a quart of washed, drained and mashed strawberries, setting over the teakettle again that the sauce may be served hot. This is fine. MRS. FRANK LYMAN.

TRANSPARENT PUDDING.

8 eggs,

$\frac{1}{2}$ pound sugar,

$\frac{1}{2}$ pound butter,

A little nutmeg.

Beat eggs very light and put into a stewpan with the sugar and butter over a moderate fire. Stir until it thickens and set away to cool. Line a pudding dish with a rich paste and pour in the mixture when cooled. Bake in a moderate oven. It will cut light and clear. You may add candied orange and citron to the mixture, if you like.

MOTHER EVE'S PUDDING.

If you like a good pudding, observe what you're taught.

Take six fine, fresh eggs, when twelve for a
groat (8c),

And of the same fruit that Eve had once chosen,
Well pared and well chopped, at least half
a dozen.

Six ounces of bread without any crust;

The crumbs must be grated as small as the dust;

Twelve ounces of raisins, from stones you must
sort.

Lest they break out your teeth and spoil all your
sport.

Five ounces of sugar won't make it too sweet;
Some salt and a nutmeg will make it complete.

Three hours let it boil, without hurry or flutter,
And then serve it up without sugar or butter.

FRESNO CHAMBER OF COMMERCE.

STUFFED APPLES.

Take large green apples, pare and core liberally; chop finely some seeded raisins with a small piece of butter, fill and sprinkle a small quantity of sugar on top. Tie up each apple in a thin water paste securely in a cloth and plunge into boiling water and cook two hours. Serve at once with plain butter sauce or cream.

FRESNO CHAMBER OF COMMERCE.

BOILED GINGER PUDDING.

Shred finely one-half pound beef suet, mix with it two cupfuls flour, one tablespoonful ground ginger; one cupful molasses, one pound raisins chopped small, two eggs, a little salt and as much warm milk as will moisten the whole. Put the mixture into a buttered basin, and having tied

a cloth over it securely, boil for four hours.

FRESNO CHAMBER OF COMMERCE.

RAISIN CUSTARD

Sweeten one pint of milk with sugar to taste, grate in a half lemon rind, stir in three well beaten eggs. Line a buttered mould or basin with raisins. Spread some slices of sponge cake in layers, with raisins sprinkled between. Pour over the custard, lay on top a sheet buttered paper, tie a cloth securely on and boil gently for one hour.

FRESNO CHAMBER OF COMMERCE

COCOANUT PUDDING.

Put one-half pound dessicated cocoanut or grate a large one with the brown skin pared off into a pudding dish. Break in pieces six small sponge cakes; over these pour one quart boiling milk with one tablespoonful butter melted in it; add four tablespoonfuls sugar. Let it stand an hour covered close. Mix one pound raisins with four well beaten eggs and bake in a slow oven. This is delicious, either hot or cold.

FRESNO CHAMBER OF COMMERCE.

PLAIN ROLLY POLLY PUDDING.

Take one-half pound shredded beef suet, mix with three breakfast cupfuls flour, sifted with one teaspoonful baking powder and a pinch of salt. Mix with water to a rather stiff paste. Roll out, sprinkle with one pound seeded raisins, roll up, folding in ends neatly, tie up in a scalded and floured cloth, plunge into boiling water and cook

steadily for two hours. Serve with plain sweet sauce or cream.

FRESNO CHAMBER OF COMMERCE.

BAKED RAISIN PUDDING.

Put eight ounces of drippings into a basin; warm it and work in one pound of flour mixed with one teaspoonful of baking powder; add one teaspoonful ground mixed spice, one ounce candied lemon peel cut up small, four ounces moist sugar and six ounces seeded raisins. Mix them well and make the whole into a paste by adding two eggs beaten up in one teacupful of milk. Turn the mixture into a well-greased tin or dish, put in a moderate oven and bake for an hour. When done, take it out, turn the pudding out of the tin or dish, sprinkle it over with caster sugar and serve.

FRESNO CHAMBER OF COMMERCE.

MINUTE PUDDING.

1 quart milk,
1 pint flour,
3 eggs,
 $\frac{1}{2}$ teaspoonful baking powder.

Put milk in a double boiler with a teaspoonful salt. When boiling stir in flour with baking powder slowly; add the well beaten eggs, stir thoroughly and remove from fire. Put in a small greased mould or large bowl for a few minutes. When ready for the table invert on a large plate and remove mould. Serve with cream sauce.

M. L. PARKHURST.

PRUNE PUDDING, NO. 1.

Heat a pint of milk to boiling point, then stir

in gradually a little cold milk in which has been rubbed smooth a heaping tablespoonful corn-starch; add sugar to suit taste, yolks of three eggs well beaten, one teaspoonful butter and a little grated nutmeg. Let this come to a boil, then pour it into a buttered pudding dish, first adding a cupful stewed prunes with stones taken out. Bake fifteen or twenty minutes. Cover with meringue made from whites of eggs and sugar; return to oven and brown. Serve with cream or the juice from stewed prunes.

MRS. ROY R. GIFFEN.

PRUNE PUDDING, NO. 2.

Stew one pound French prunes until tender in as little water as possible. Remove the pits and put the prunes through a colander. Beat the whites of four eggs, until very stiff, add three tablespoonfuls of vanilla; then beat into this the prunes. Put in buttered pudding pan and bake about ten minutes in a moderate oven to a delicate brown. Serve with whipped cream flavored with vanilla and sweetened.

WEDDING CAKE PUDDING.

1 cupful molasses,
½ cupful butter,
1 cupful sweet milk,
1 teaspoonful soda,
2 teaspoonfuls salt,
4 cupfuls flour,
1 cupful raisins,
½ cupful chopped almonds or walnuts.

Steam three hours.

SAUCE, —

1 cupful sugar,
 ½ cupful butter well beaten,
 1 egg,
 1 glass of wine,
 1 glass of boiling water.

Steam five minutes.

MRS. R. C. WYSINGER.

STRAWBERRY PUFF.

1 box strawberries,
 1 cupful sugar,
 2 eggs, whites only.

Wash and drain the strawberries. Beat the eggs to a stiff froth; add the sugar and the mashed strawberries and beat for an hour—it will repay you. Pile on a glass dish and serve with cream.

M. L. PARKHURST.

CARMEL PUDDING.

1 quart milk,
 4 eggs,
 1 cupful sugar.

Put milk in double boiler and add the eggs well beaten. Put sugar into a frying pan and stir constantly until melted; do not let it boil, do not add water. Pour when melted into the boiling milk and eggs gradually and carefully, stirring it. Then add two tablespoonfuls corn starch previously wet and made smooth with a little water. Set away to cool in a mould, if you like. Serve with cream sauce.

PRUNE PUDDING OR WHIP.

One pound of prunes stewed in smallest quantity

water possible. Stone; rub through a colander. One scant cupful powdered sugar, whites of three eggs, one teaspoonful cream tartar. This may also be browned in the oven if one prefers. Make a sauce of one and one-half pints milk, yolks three eggs, four tablespoonfuls sugar; flavor with vanilla. This pudding is very nice served with cream.

MRS. NORRIS.

PRUNE PUDDING, NO. 3.

Stew prunes and pit them. Chop walnuts and currants, as much of both together as of prunes. Add juice of one-half lemon. To three cupfuls of mixture add the beaten white of one egg. Serve with whipped cream.

MRS. DAHLGREN.

SAGO AND FRUIT.

$\frac{1}{2}$ pound rhubarb,
6 ounces sugar,
 $\frac{1}{4}$ pound sago,
2 teacupfuls water.

Peel and cut the rhubarb in very small pieces and put it to boil with a teacupful water for ten minutes. Wash the sago and soak it for ten minutes in a teacupful warm water, then add it and the sugar to the rhubarb; allow it to boil ten minutes longer, stirring occasionally and pour it into a mould which has been wet with cold water. Turn out when cold and serve with cream.

MARGARET DARLING.

DELICATE PUDDING.

1 cupful water,

1 cupful fruit juice,
 Sugar to taste,
 A little salt,
 3 tablespoonfuls corn starch,
 3 eggs.

Boil water and fruit juice. Wet corn starch in a little cold water and stir into the boiling syrup and cook ten minutes. Add the sugar and salt. Beat whites of eggs and stir into the mixture. Turn out into a mould. Serve with a boiled custard made with the yolks of eggs.

MRS. C. H. NORRIS.

SNOW PUDDING.

1 quart boiling milk,
 $\frac{1}{4}$ cupful sugar,
 2 heaping tablespoonfuls corn starch moistened with a little cold milk.

Add to hot milk and cook a few minutes in double boiler; add whites of three eggs. Pour into mould. Serve cold with sauce made of yolks three eggs, one pint milk and sugar; flavor to taste.

S. A. TURNER.

CORN STARCH CUSTARD.

To one quart milk heated in double boiler, add two tablespoonfuls corn starch moistened with cold milk; add to that the yolks of six eggs, flavor and mould. Serve with the whites of the eggs beaten stiff, sweetened to taste, and three cupfuls apple sauce whipped together.

MRS. YOST.

COLD CHOCOLATE PUDDING.

Soak one package gelatine in one cupful milk

one-half hour; mix one cupful grated chocolate with $1\frac{1}{2}$ cupfuls milk and heat, and add the gelatine before removing from the fire, then strain and let get cool. Then stir in the yolks of six eggs well beaten with one cupful sugar and lastly the whites beaten stiff. Put on ice or make the night before. Serve with whipped cream.

MRS. KATE MARDEN.

CHOCOLATE BLANC MANGE.

1 quart milk, using part water if necessary.

2 large tablespoonfuls sugar,

4 large tablespoonfuls corn starch,

3 tablespoonfuls ground chocolate.

Moisten the corn starch and chocolate with cold water and add the milk when boiling. Stir constantly until it forms a custard. Flavor and pour in a mould. Serve with cream.

TABITHA C. HARRIS.

ANNA COFFIN'S PUDDING.

Pound or roll twenty crackers fine; pour over them three pints scalding milk; when the mixture is cool add one-half pound sugar, or one cupful, and one cupful butter creamed together; add a little salt and nutmeg and two cupfuls cooked seedless raisins. Lastly, add ten well beaten eggs. Pour into a buttered dish and bake about one hour and a quarter. Serve with a sweet sauce, hard or liquid.

A. E. TURNER.

BREAD PUDDING.

6 eggs,

1 cupful sugar,
 3 cupfuls milk,
 1 cupful seedless raisins,
 1 cupful bread crumbs.

Bake and serve cold with whipped cream.

MRS. S. A. YOST.

FRUIT PUDDING.

Three-fourths box Cox's gelatine dissolved in one-half pint cold water. Let it stand two hours, then add one pint boiling water, juice two lemons, two cupfuls sugar, one cupful wine or juice of some fruit; strain; and when beginning to harden, stir in the following fruits cut in small pieces:

2 oranges,
 2 bananas,
 6 figs,
 9 dates,
 10 English walnuts.

Pour into moulds. Serve with whipped cream, flavored.

MRS. J. R. SHRUM.

SEA FOAM.

Boil a pint of water, add two tablespoonfuls corn starch dissolved in a little cold water and cook until clear. Stir into it the beaten whites of four eggs; flavor, and when cold, serve with whipped cream, sweetened.

MRS. W. E. MARDEN.

PINEAPPLE SPONGE.

3½ cupfuls scalded milk,
 ½ cupful cold milk,

$\frac{1}{2}$ cupful corn starch,
 $\frac{1}{2}$ teaspoonful salt,
 $\frac{1}{2}$ cupful sugar,
 $\frac{1}{2}$ teaspoonful lemon juice,
 1 can grated pineapple, or $1\frac{1}{2}$ cupfuls,
 Whites of 3 or 4 eggs.

Mix sugar, corn starch and salt in bowl; mix smooth with cold milk. Stir this into the scalded milk and cook about ten minutes. Then add lemon juice and grated pineapple. Beat whites of eggs to a firm froth and fold them into the pudding. Pour into moulds or cups, and when cold turn out and serve with custard sauce. (With other fruit use water instead of milk and two teaspoonfuls of lemon juice.)

MISS EMMA BARNET.

EASY LEMON SPONGE.

2 tablespoonfuls corn starch,
 1 cupful sugar,
 2 lemons,
 2 cupfuls boiling water,
 2 or 3 eggs.

Take two tablespoonfuls corn starch and two cupfuls sugar; moisten with cold water, then stir in two teacupfuls boiling water and boil a few minutes in double boiler. Add the juice of two lemons. Beat the whites of two eggs (or three) to a stiff froth, then beat into mixture in pan, removing it from the fire. When well beaten pour into mould. Turn out next day and serve with cream, or thin custard made with the yolks of eggs.

MARGARET DARLING.

ORANGE CREAM.

Yolks 4 eggs,

1 tablespoonful water,
1 cupful sugar,
Juice 3 oranges.

Let boil till it thickens. Beat the whites to a stiff meringue, adding a tablespoonful of sugar, and add half to the cream and put the rest on top. Set in the oven for a few minutes and serve cold. This is a fine filling for pie or cake.

K. MARDEN.

RUSSIAN CREAM.

One-half box gelatine; pour over it cold water and soak fifteen minutes; one quart milk; beat yolks four eggs and cupful sugar together, add a little salt. Mix with milk and put with gelatine; boil ten minutes, until it separates, stirring constantly. Stand twenty minutes, when add beaten whites.

MRS. C. H. NORRIS.

DANISH PUDDING.

$\frac{3}{4}$ cupfuls pearl tapioca (soaked),
 $1\frac{1}{2}$ pints boiling water,
 $\frac{1}{4}$ cupful sugar,
 $\frac{1}{2}$ glassful currant jelly,
Salt.

Put tapioca in double boiler with boiling water and cook one hour or until soft and transparent, stirring often. Add the jelly, sugar and salt and stir until jelly is dissolved. Pour into a glass dish and serve very cold with sugar and cream. Half a cupful lemon juice or any acid fruit juice, or one cupful canned fruit may be used instead of jelly. In summer use one pint ripe berries.

MRS. C. H. NORRIS.

PUDDING.

4 eggs,
4 tablespoonfuls sugar,
2 tablespoonfuls boiling water,
1 lemon, juice and rind.

To the beaten yolks add the other ingredients; let it simmer on stove until it thickens. Add beaten whites last. MISS MURRAY.

MARSHMALLOW CREAM.

First dissolve one tablespoonful of gelatine into one cupful boiling water; when dissolved pour very slowly over the stiff beaten whites of four eggs; then one cupful sugar, one teaspoonful lemon extract and beat hard about thirty minutes. MRS. WATERMAN.

AMBROSIA.

Peel three juicy oranges, remove seeds and slice. Fill a glass dish with alternate layers of oranges, peaches and bananas. Sprinkle each layer well with sugar. Beat the whites of four eggs stiff; add a scant half cupful of sugar and pour over the top. It is well to prepare this about an hour before serving.

TUTTI FRUTTI.

Make thin sponge cake, and when cool spread canned peaches or fresh strawberries over. Sprinkle with sugar, and a half hour before serving cover with whipped cream.

MARY C. POLHEMUS, Oregon.

ORANGE BLANC MANGE.

1 quart milk,
3 eggs,
 $\frac{1}{2}$ cupful sugar,
3 tablespoonfuls corn starch,
6 oranges.

Cook in a double boiler the milk, sugar and corn starch, rubbing the latter into a little water until smooth. Peel, seed and slice the six oranges, put them in a deep glass dish; pour the custard when stiff and clear onto them. Whip the three whites of the eggs, add a tablespoonful fine sugar and spread over the top. Set in a cool place to chill.

M. L. P.

ORANGE QUARTERS.

Peel and quarter oranges and remove the seeds. Make a syrup of a pound of sugar to a pint of water; let boil to a candying point. Dip the oranges in the syrup, put on a seive to dry, then heap on a dish.

LEMON PUDDING.

Dissolve four tablespoonfuls corn starch in a little cold water and pour over it two cupfuls boiling water. Let it cook five minutes; remove from the fire; stir into it two cupfuls sugar, a tablespoonful butter, juice two lemons with a little grated peel and the yolks of two well beaten eggs. Pour into pudding dish; bake fifteen minutes, then cover top with beaten whites mixed with two tablespoonfuls sugar, and brown.

ORANGE CUPS.

Take as many oranges of medium size as are needed to serve for one meal. Make a small opening in the stem end and scoop out the center. Make an orange jelly out of the contents, not quite as firm as you would make it for moulding. Place these orange cups in cool place, also the orange jelly. When ready to serve, fill the cups with the jelly, place a large spoonful of whipped cream on each. These cups can also be filled with cubes of pineapple, candied cherries, chopped English walnuts or any fruit desired, always adding the whipped cream.

ICED RICE PUDDING.

$\frac{1}{2}$ cupful rice,
1 pint cold water,
2 cupfuls milk,
3 well beaten eggs,
 $\frac{1}{2}$ cupful sugar,
1 pint cream.

Pour the cold water over the rice with a pinch of salt and cook steadily for thirty minutes after it begins to boil. When all the water has boiled away add the milk; cook in a double boiler until very soft. When no milk remains rub through a seive, put back in the boiler; thicken with three well beaten eggs, $\frac{1}{2}$ cupful sugar, flavor with vanilla and set in a cool place. Whip a pint of cream, add to the pudding and freeze as you would ice cream.

LOU NASBURG, Oregon.

PEACH PUDDING.

Rub two cupfuls canned peaches through a col-

ander and cook for three minutes in a syrup made by boiling a cupful of the peach syrup and a cupful of sugar together. Place the pan containing peaches and syrup into another of boiling water and add half package of gelatine that has been dissolved in half cupful cold water. Stir for five minutes till gelatine is thoroughly dissolved. Take from fire and add whites of four eggs that have been whipped to a stiff froth. Beat till it commences to harden. Set on ice.

MRS. ROY R. GIFFEN.

TAPIOCA JELLY.

One cupful best tapioca put to soak with a pint cold water; when soft put in a saucepan with one cupful sugar, the rind and juice of one lemon, a little salt, one pint more water; stir until it boils; turn in a mould; set to cool; add one glassful wine if desired. May use orange instead of lemon. Arrow root or sago may be used in the same way.

WHIPPED CREAM.

One pint sweet cream sweetened to taste, one teaspoonful vanilla or other flavoring. Put the cream in a bowl and beat with a wheel egg beater until thick, then sweeten and flavor. The cream will beat better if cold. The whites of two or three eggs beaten to a stiff froth may be added. This makes a delicious dessert. Different jellies or fruit may be served with it.

FRUIT JELLY.

1½ cupfuls sugar,

1 small can pineapple,
3 lemons,
 $\frac{1}{4}$ teaspoonful Orgeat syrup (Borello keeps it.),
 $\frac{1}{2}$ teaspoonful Grenadine (Borello keeps it.),
1 teaspoonful pineapple syrup,
1 tablespoonful raspberry syrup,
1 quart water,
 $\frac{1}{2}$ pound candied fruit,
 $\frac{1}{2}$ cupful blanched almonds,
1 package gelatine.

Soak the uncolored gelatine half an hour then dissolve in boiling water, to which add juice of lemons and sugar. Divide this into two parts; add the colored gelatine to one part and into this put the raspberry syrup and almonds. To the rest of the gelatine add the other ingredients also juice from can of pineapple. Cut fruit into slices and when the gelatine begins to harden drop them in.

MRS. MATTEI.

Pastry.

MRS. J. W. SLATER.

"There's wisdom under the lift of the pie lid."—Lucullus.

It is a poor pie crust that will not grease its own pan, therefore plenty of shortening should be used to make the crust tender and flaky. Nothing is so good as pure cream for shortening, but butter or lard may be substituted. A small pinch of baking powder adds greatly to make the lightness and delicacy of the crust. Milk is to be preferred to water—as cold as possible. Mix with a fork and be sure not to make it too wet or too dry. Handle as delicately as possible and quickly.

APPLE PIE.

Take four or five tart apples. Slice in rather large pieces; one cupful sugar. Line pie tin with good crust, sift in a little flour and about half of the sugar. Mix them well together and pack the apples in closely, then scatter the rest of the sugar over them, drop in a few lumps of butter and one teaspoonful cinnamon; wet the edges and put on the upper crust; bake in a sharp oven.

MISS GRACE WILSON, Petaluma.

BAR BERRY TART.

Make a nice rich pie crust; roll quite thin and cut in rounds, on the rounds pour a large table-spoonful of the following mixture: One coffee cupful stoned and chopped raisins, one piece citron size of a dollar, the juice and grated rind of one lemon, one egg, one cupful sugar, pinch of salt; mix thoroughly. After putting mixture on pastry wrap it together, thus making a little turnover. Do not cut any vent in the dough, but press the edges firmly together so not a drop can escape.

MRS. A. N. LYNES, Santa Barbara.

CHESS PIE.

(For Two Pies.)

5 eggs,

$\frac{3}{4}$ cupful butter,

1 cupful sugar,

Lemon flavoring is best.

Beat eggs and sugar together until they are a perfect froth; beat butter well also; now quickly add these and flavoring. Bake in inch deep pie plates ready lined with crust. When baked cover with white of egg beaten to stiff froth and brown slightly. Cut into pieces while hot and put on plates it is to be served on; if this is not done the pie will be heavy and soggy.

MRS. J. H. B. HARRIS.

CUSTARD TARTLETS.

Line some round tartlet pans with good puff paste. Fill them with a custard made as follows: Four tablespoonfuls sugar, and two level table-

spoonfuls butter rubbed to a white cream; add the yolks of four eggs that have been well beaten, two scant tablespoonfuls of flour; mix well and add one and a half cupfuls milk. Stir all well together and pour into a double boiler and cook until a smooth, thick cream, but do not allow to whey. It is best to bake the shells first. Fill the shells with the custard, cover with a meringue made of the beaten whites of eggs, four tablespoonfuls powdered sugar and one tablespoonful vanilla. Beat all together until perfectly white and dry. Set in the oven until the meringue is daintily colored.

MRS. WYLIE M. GIFFEN.

CREAM PUFFS.

Melt one-half cupful butter in a cupful hot water and while boiling beat in one cupful flour; take from fire and when cool stir in three eggs, one at a time, without beating them; drop the mixture in tins in small spoonfuls and bake in moderate oven.

FILLING.—

½ cupful milk,

2 eggs,

4 tablespoonfuls flour,

Sugar and flavor to taste.

Beat the eggs and sugar. Stir in the milk and flavoring and when it comes to a boil stir in the flour mixed with a little milk, cool and fill the puffs, opening them a little.

MRS. RUTH HOAG.

CUSTARD PIE.

(In a Hurry.)

2 cupfuls milk,

$\frac{3}{4}$ cupfuls sugar,
 2 eggs,
 2 tablespoonfuls flour,
 Pinch salt,

Sprinkle each nutmeg and cinnamon.

Braize the flour and milk; add the well beaten eggs, sugar and spices and strain into a thickly buttered pie tin. Bake in a moderate oven until the custard is set and slightly brown on top.

ANTIONETTE P. HARRIS.

CRANBERRY AND RAISIN PIE.

1 cupful cranberries, 1 cupful raisins,
 chopped together,
 1 cupful sugar,
 $\frac{1}{2}$ cupful water,
 1 tablespoonful flour,
 1 teaspoonful vanilla,
 Pinch of salt.

MRS. O. P. KENYON, Rhode Island.

LEMON CHEESE CAKES.

1 pound sugar,
 $\frac{1}{4}$ pound butter,
 6 eggs, leave out whites of 2.
 Peel of 2 lemons, juice of 3.

Put all in a double boiler and stir until dissolved and begins to look like honey. It will keep for weeks if put in a an air-tight jar. Line small tins with rich pastry and fill with this mixture. Half the quantity of eggs will make it very good.

MRS. ROBERT E. GOODE.

CHOCOLATE CREAM PIE.

Beat to a cream half a cupful butter and one

and one-quarter cupfuls powdered sugar; add two well beaten eggs, two tablespoonfuls wine, half cupful milk and one and one-half cupfuls sifted flour, with which has been mixed one and one-half teaspoonfuls baking powder. Bake this in four well buttered deep tin plates for about fifteen minutes in moderate oven. Put half pint milk in a double boiler on the fire; beat together the yolks of two eggs, three tablespoonfuls powdered sugar and a level tablespoonful flour; stir this mixture into the boiling milk, beating well; add one-sixth teaspoonful salt and cook fifteen minutes, stirring often. When cooked flavor with one-half teaspoonful vanilla. Put two of the cakes on two large plates, spread the cream over them and lay the other two cakes on top. Beat the whites of two eggs; beat into them one cupful powdered sugar, one teaspoonful vanilla. Shave one ounce chocolate and put it in a small pan with two tablespoonfuls sugar and one spoonful boiling water. Stir over a hot fire until smooth and glossy; now add three tablespoonfuls cream or milk and stir into the beaten eggs and sugar. Spread on the pies and set away for a few hours.

MRS. HELEN A. WULFF, Colusa.

WHIPPED CREAM PIE.

Line a pie tin with a rich crust and bake quickly in a hot oven. When done spread with a thin layer of jelly or jam, then whip one cupful rich sweet cream until it is as light as possible. Sweeten with powdered sugar to taste and flavor with vanilla. Spread cream over the jelly or jam and set in a cool place till time to serve.

HELEN A. WULFF, Colusa.

CHOCOLATE PIE, NO. 1.

4 tablespoonfuls grated chocolate.
 1 pint cold water,
 Yolks 2 eggs,
 6 tablespoonfuls sugar,
 2 tablespoonfuls corn starch.

Stir the chocolate and corn starch together with a little of the water until smooth; add remaining water gradually, then add sugar and yolks of eggs, a pinch of salt, teaspoonful vanilla. Cook until it thickens in a dish set in hot water. Bake the crust, pour in the chocolate. Make a meringue, spread on top and brown. One pie. Excellent. MRS. HELEN RAMSEY.

CHOCOLATE PIE, NO. 2.

2 cupfuls sweet milk,
 1 cupful sugar,
 1 cupful grated chocolate,
 Yolks 2 eggs,
 2 heaping tablespoonfuls corn starch.

Cook by heating milk in double boiler and putting ingredients in; cook until it thickens. Bake a rich crust, spread the mixture in, whip the whites of eggs with two tablespoonfuls sugar. Put on top of pie and brown.

CARRIE ELDER.

COCOANUT PIE.

Mix six ounces of butter with same of sugar; add two teaspoonfuls lemon juice, beaten yolks four eggs, one-half pound cocoanut and lastly the whites of four eggs. Bake in one crust.

MISS STELLA SMYTHE, Fresno.

CREAM PIE.

Scald one pint milk in a double boiler, wet one even tablespoonful corn starch in a little milk; add the yolks of three eggs and one tablespoonful sugar; beat with an egg beater until very light, then stir into the scalding milk; flavor with lemon and let cool. Line a pie plate with a rich crust and bake. Then fill with the cream and make a meringue of the whites of the three eggs; beat with two tablespoonfuls powdered sugar; cover the top of the pie with this and put in oven to brown. MRS. GEO. W. CLARK, Ohio.

HARLEQUIN PIE.

Prepare a nice dried apple sauce, line the pie tin with good crust and fill half full with the sauce, on top of which place the following mixture, sufficient for one pie: One teaspoonful butter, one-half cupful sugar, juice and grated rind of one lemon. Bake until the crust is done and make meringue of whites of eggs; place on top and brown slightly in oven. Tested and good.

HELEN A. WULFF, Colusa.

LEMON PIE, NO. 1.

1 cupful sugar,
Yolks three eggs,
Stirred to a cream.
1 tablespoonful flour,
Grated rind and juice 2 lemons,
1 coffeecupful milk.

Bake with under crust; make a meringue of the whites of eggs and spread on pie.

MRS. D. S. HALLOCK.

LEMON PIE, NO. 2.

Take a deep dish, grate into it the outside of the rind of two lemons, add to that one and one-half cupfuls white sugar, two heaping tablespoonfuls unsifted flour, or one of corn starch. Stir it well together and add the yolks of three well-beaten eggs; beat this thoroughly, then add the juice of the lemons, two cupfuls water and a piece of butter the size of a walnut. Set this on the fire in another dish containing boiling water and cook until it thickens and will dip up on the spoon like old honey. Remove it from the fire and when cooled pour it into a deep pie tin lined with pastry; bake, and when done have ready the whites beaten stiff with three small tablespoonfuls of sugar. Spread this over the top and return to the oven to brown slightly. This makes a large deep pie and very superior.

MRS. GEO. CLARK.

LOQUAT PIE.

Line deep pie tin with rich crust; fill with loquats which have been peeled, seeded and all hard core removed. Pour over them a heaping cupful sugar which has been mixed with one tablespoonful flour and a very small amount butter. Put on upper crust and bake slowly about one-half hour.

MRS. JASPER N. BERGEN, Lindsay.

MOCK MINCE PIE.

4 Boston or 6 butter crackers, rolled,
2 eggs,
 $\frac{1}{2}$ cupful butter,

1 cupful hot water,
 1 cupful sugar,
 1 cupful molasses,
 $\frac{1}{2}$ cupful vinegar,
 $\frac{1}{2}$ pound seeded raisins, more if you like,
 1 teaspoonful cinnamon,
 1 teaspoonful nutmeg,
 1 teaspoonful cloves,
 A little salt.

Put this in a stewpan, cook and stir until well mixed, then use like ordinary mince meat. These are delicious and more digestible than mince meat.

HELEN L. WATERMAN.

MINCE PIE.

Boil until tender about four pounds of lean beef; remove all gristle and bone while warm. When cold chop fine and add chopped apples in the proportion of two cupfuls to one of meat, one cupful molasses, one and one-half cupfuls sugar, two dessertspoonfuls each of cloves, cinnamon and allspice, one-half pound suet chopped fine, one quart boiled cider, one pound each of raisins and currants, one-fourth pound citron chopped fine and a small piece butter.

MRS. J. W. SLATER.

MINCE MEAT.

1 cupful finely chopped beef,
 $\frac{1}{2}$ cupful finely chopped suet,
 $\frac{1}{2}$ cupful finely chopped raisins,
 2 cupfuls finely chopped apples,
 $\frac{1}{2}$ cupful molasses,
 1 teaspoonful salt,
 1 teaspoonful cinnamon,

1 teaspoonful allspice,
 $\frac{1}{2}$ grated nutmeg,
 $\frac{1}{2}$ teaspoonful cloves.

Add wine, brandy or cider; mix and boil fifteen minutes. Will keep in jars. MRS. PRICE.

ENGLISH MINCE MEAT.

1 pound brown sugar,
 1 pound raisins,
 1 pound currants,
 1 pound suet,
 1 pound chopped apples,
 $\frac{1}{4}$ pound almonds, chopped,
 $\frac{1}{2}$ pound candied lemon and citron peel,
 A little salt in suet,
 1 teaspoonful mixed spices,
 Rind and juice of 2 lemons,
 1 glassful wine or brandy,
 2 glassfuls each of port and sherry.

MRS. ROBERT GOODE.

ORANGE PIE, NO. 1.

Take enough soda crackers to make whatever sized pie you wish to make; put enough warm water on them to soften and then put them in your pan, which has been lined with a rich crust; pour over them three-fourths of a cupful sugar and then as much orange juice as it will hold. Cover with crust and bake.

PACIFIC FRUIT WORLD.

ORANGE PIE, NO. 2.

Juice and grated rind of 2 oranges,
 + eggs,

4 tablespoonfuls sugar,
1 tablespoonful butter.

Cream the butter and sugar; add the beaten yolks of the eggs, then oranges, and lastly the whites beaten to a froth and mixed in lightly. Bake with an under crust only.

PACIFIC FRUIT WORLD.

PEACH COBBLER.

Make a rich, soft crust, line a deep dripping pan with it, then take large, ripe peaches, peel, cut in halves; place a layer with cavity up. Beat two eggs, one cupful sugar, one teaspoonful flour, butter size of an egg; spread this over the peaches and bake until crust is done.

MRS. E. NASON.

PUMPKIN PIE.

8 eggs,
1 quart of milk, leave the cream on it,
1 pint cooked pumpkin,
2 cupfuls sugar,
2 teaspoonfuls cinnamon,
 $\frac{1}{2}$ teaspoonful cloves,
 $\frac{1}{4}$ teaspoonful ginger.

Put the yolks of eggs, well beaten, into the milk and sugar and hastily add the beaten whites. Before turning this into the prepared pie crust rub the crust over with white of an egg. This will glaze the surface and prevent soaking. Bake about thirty minutes in a moderate oven.

M. L. PARKHURST.

RHUBARB PIE.

Pour boiling water over two teacupfuls chopped

rhubarb; drain off the water after four or five minutes and mix with rhubarb a teacupful sugar, the yolks two eggs, a piece of butter and a tablespoonful flour; moisten the whole with three tablespoonfuls water. Bake with a lower crust only; make a meringue of the whites of the eggs and three tablespoonfuls sugar; spread over the top of the pie and return to the oven to brown.

MRS. E. G. HOAG.

RAISIN PIE, NO. 1.

Beat 1 egg,
 1½ cupfuls thick sour milk,
 1 cupful sugar,
 1 cupful raisins,
 2 teaspoonfuls cinnamon,
 1 teaspoonful cloves.

Bake in two crusts. This recipe makes two pies.

RAISIN AND CRANBERRY PIE.

1 cupful cranberries cut in halves lengthwise and seeds washed out,
 ½ cupful seeded raisins chopped fine,
 1 tablespoonful flour mixed in 1 cupful sugar.

Mix together and pour on one-half cupful boiling water, one teaspoonful vanilla.

RAISIN PIE, NO. 2.

2 cupfuls raisins,
 2 cupfuls butter milk,
 1 cupful sugar,
 1 egg.

2 tablespoonfuls vinegar,
1 teaspoonful ground spice,
1 teaspoonful each of nutmeg, cinnamon
and cloves,
 $\frac{1}{2}$ teaspoonful vanilla,
 $\frac{1}{2}$ teaspoonful lemon,
A pinch of salt and dash of pepper.

Bake with two crusts. Makes three small pies
or two large ones. MRS. J. P. BOYD.

RAISIN PIE, NO. 3.

1 cupful raisins, seeded and chopped,
1 cupful fresh sour cream,
1 cupful sugar,
1 egg.

Bake with two crusts.

RASPBERRY PIE.

Line a pie tin with rich crust; mix one-half
cupful sugar with a heaping tablespoonful flour;
put in pan equally distributed; fill with berries
and bake slowly until done. Use but one crust
and when cold spread with whipped cream. Any
berries can be used in the same way.

MRS. J. W. SLATER.

Beverages.

COFFEE FOR ONE HUNDRED.

Take five pounds roasted coffee, grind and mix with six eggs. Make small muslin sacks, and each place a pint of coffee, leaving room for it to swell. Put five gallons boiling water in a large coffee urn or boiler having a faucet at the bottom; put in part of the sacks and boil two hours. Five or ten minutes before serving raise the lid and add one or two more sacks, and if you continue serving several times add fresh sacks at regular intervals, taking out from time to time those first put in and filling up with boiling water as needed. In this way the full strength of the coffee is secured and the fresh supplies impart that delicious flavor consequent on a few moments' boiling. To make coffee for twenty persons use one and a half pints ground coffee and one gallon water.

FIG COFFEE.

Into two quarts of wheat bran rub a big cooking spoonful sorghum molasses, or a syrup of brown sugar, and two well beaten eggs; set into a moderately hot oven, stirring frequently, until thoroughly browned, but not burned; now grind and brown a pint of dried figs, mix the two preparations together and brew as you would

coffee, and you have a drink that is not only healthful and nutritious but also delicious.

MRS. AMOS HARRIS.

PINEAPPLE LEMONADE.

To a strong lemonade add one canful grated pineapple; have the glass one-third full of ice and pour the mixture over it just before serving. Do not let it stand with ice in it.

OLD-TIME SYLLABUB.

$\frac{1}{2}$ cupful powdered sugar,
1 pint whipped cream.
Whip dry and stiff.

LEMONADE.

1 lemon,
2 tablespoonfuls sugar,
 $\frac{1}{2}$ pint boiling water.

Squeeze lemons well and add sugar; turn on the boiling water and stir until the sugar is dissolved; when cold strain through cheese cloth and place in ice chest until ready to serve. Fill the glasses half full of ice shaved almost as fine as snow and fill with liquid; any fruit may be added. Slices or juice of oranges, or sliced pineapple, a few Maraschino cherries or small fruits of any kind.

EGG LEMONADE, NO. 1.

1 egg,
 $\frac{1}{2}$ lemon,
Sugar.

Beat the egg until very light; add the lemon juice, slowly beating all the time. Fill the glass with ice water and sweeten to taste. Beat or shake all the ingredients together until thoroughly mixed.

MRS. ROY R. GIFFEN.

EGG LEMONADE, NO. 2.

2 eggs,
2 lemons,
1 cupful snow or pounded ice,
Sugar to taste.

Beat the yolks light and add sugar and lemon juice. Turn all into the ice or snow and thin slightly with cold water. Whip the whites of the eggs to a stiff froth and beat all together as quickly as possible. Serve immediately.

MRS. AMOS HARRIS.

DELICIOUS SUMMER DRINK.

$\frac{1}{2}$ pint Ceylon tea,
1 quart ice cold mineral water,
3 tablespoonfuls pineapple cut in triangular pieces,
2 tablespoonfuls Maraschino cherries,
Few slices orange peel cut in pieces that will float.
Sugar to taste.

DANDELION WINE.

Soak six quarts dandelion flowers in one gallon of water three days and nights, then strain through a cloth and add to the liquid three pounds granulated sugar, two sliced lemons and three tablespoonfuls yeast, or one-half compressed

yeast cake. After standing four days and nights strain again. Return to the jar to remain until there is no more scum on top, then put in bottles or jug.

FRUIT PUNCH.

Cut fine two or three slices of canned pineapple—add a little of the juice, juice two lemons, an orange cut fine and a few strawberries. To this add its bulk of ice pounded fine and sugar to taste. Other berries may be used in their season; also bananas, canned peaches, pears or cherries, using pineapple and lemon with them.

MRS. ROY R. GIFFEN.

GRAPE JUICE PUNCH.

Boil together one pound sugar and one-half pint of water until it hairs. When cool add the juice of six lemons and a quart of unfermented grape juice. Let it stand over night. When served it may be thinned with plain water or apollinaris.

RASPBERRY SHRUB.

Place red raspberries in a stone jar, cover them with good cider vinegar, let stand over night. Next morning strain, and to one pint of juice add one pint of sugar. Boil ten minutes and bottle while hot.

PRUNE DRINK.

Prune juice,
½ lemon,

Sugar.

Fill the glass with the juice from stewed prunes; add the juice of half a lemon and sweeten to taste. Drink very cold.

MRS. ROY R. GIFFEN.

RASPBERRY VINEGAR.

Fill a stone jar with ripe raspberries, cover with the purest and strongest vinegar; let stand for a week; pour the whole through a seive or strainer, crushing out all the juice of the berries. To each pint of this vinegar add one and a half pounds lump sugar and let boil long enough to dissolve, removing scum which may arise, then remove from the fire; let cool; bottle and cork tightly. Two tablespoonfuls of this vinegar stirred into a tumblerful iced water makes a delicious drink, or a little soda may be added.

CREAM SODA.

3 pints water,
 2½ pounds sugar,
 2 ounces tartaric acid,
 Juice of ½ lemon.

Boil five minutes then add one-half cupful flour mixed with water, and when nearly cold add the whites of three eggs and one-half ounce essence wintergreen. Put in bottles and cork. Is ready for use at once but grows better with age. To use: Put two tablespoonfuls in a glass of water and beat it up with one-quarter teaspoonful soda.

ICED COFFEE.

One quart strong coffee and two cupfuls sugar

should be boiled together ten minutes. Allow this to cool, and pour into tall glasses; add to each cupful one tablespoonful orange syrup and the same amount of cream half whipped. Make the orange syrup by putting cut oranges in sugar, allowing it to stand several hours, then strain off the juice. The combination of orange and coffee may not sound promising, but the result will certainly call forth enthusiasm.

CURRANT WATER.

To one quart water add one cupful sugar and two cupfuls tart currant jelly. Boil till dissolved then add the juice of three lemons and three oranges. Serve with chopped ice with a slice of orange on top.

GINGER ALE JULEP.

Put a scant cupful granulated sugar into a glass pitcher and squeeze upon it the juice of six lemons. When it has dissolved stick half a dozen stalks of mint in the pitcher, bruising slightly some of the lower leaves between the thumb and finger. Now add a cupful pounded ice and then put in two bottles ginger ale. Pour out at once.

BANANA CUP.

Can be prepared beforehand and kept on tap. Rub the pulp of 3 bananas through a fine wire sieve; add the grated rind of half a lemon and the juice of one lemon and one orange; pour over this half a pint of boiling water and put in a cool place for several hours. When quite cool, stir well together, sweeten to taste; add a wineglassful sherry with some cracked ice and serve.

STRAWBERRY SYRUP.

Take several boxes fine, ripe strawberries and press their juice through a cloth. To each pint of juice add a pint of simple syrup and boil gently for an hour. Remove from the fire and when cool bottle, sealing the corks. Serve, mixed with water to taste, in glasses half filled with crushed ice.

ORANGE PUNCH.

2 oranges, juice only,
1 cupful sherry,
2 cupfuls sugar,
1 egg, white only.

Mix juice, sugar and sherry together and heat to boiling point; add the well-beaten white; mix thoroughly and let simmer five minutes. Strain through muslin and when very cold pour over oranges and bananas cut in small pieces and candied cherries. Put fruit in frappe glasses and pour the syrup over.

CRUMBS FROM EVERYBODY'S TABLE.

Jellies, Jams and Marmalades.

MRS. GEO. SCANE.

To be perfect, jam must be made of perfectly ripened fruit; jellies of that which is not quite ripe. The fruit should be carefully picked over, and all imperfect, very green, and badly crushed specimens rejected; also all stems and blossom ends, as these injure the flavor and clearness of the jelly. Never use tin or iron for cooking fruit or iron spoons for stirring. Take the juice that has dripped from the fruit and pour it into the preserving kettle: let it boil until it evaporates one-third (about twenty minutes), skimming carefully. Measure the juice (after boiling) and add one pint of sugar to every pint of juice. Let it boil until, by trying a little on a plate, it appears to have "set." If the juice has been properly boiled seven or eight minutes is sufficient. Have the jelly glasses ready heated and set on a cloth. Pour the juice into them through a wine strainer or a wet cheese cloth tied over the lower end of a large-mouthed funnel. Fill the glasses full and let them stand open until the next day in the sun if possible. Before putting away pour over the top just enough melted parafine to cover and exclude the air. Put on the tin tops and set in a cold, dark place. Do not keep in the cellar or where there is the slightest danger of dampness.

When the jelly is used remove parafine; it may be used again another year; when this is used there is no danger of mold. Jelly can be made of all kinds of fruit juices, but not without some gelatine or apple juice. Neither of these will injure the natural flavor. Jelly made with gelatine will not keep very long. All fruit juices are better if apple juice is used with it, as this is clearer and of a beautiful light color. It also jells easier. The most simple way to strain fruit juices is to lay a large piece of cheese cloth over a hair sieve, setting the latter over a large bowl or jar. Then pour in the fruit gradually and let it drip through without pressing. If you press the fruit until the pulp is squeezed through you must not expect fine jelly. Jellies are of finer flavor when the sugar is not boiled long with the fruit. Make not less than a quart of juice at a time. Skim the juice just before filling the glasses and strain into them. For three pints of juice use one pint of sugar, as a small amount of juice is apt to burn quickly. It is best to place the vessel containing such within a larger vessel of boiling water. You can thus cook more evenly without running the risk of burning.

BLACKBERRY JELLY.

Cook fruit, strain through a cloth and let settle, then to one cupful of sugar add two cupfuls juice. Place on stove and let boil till it will jell. Do not put in more than one proportion, as it jells much quicker and is not as strong.

MRS. N. J. SLOAN.

LEMON JELLY.

One-half box of gelatine soaked in one-half pint

cold water one hour; add one pint boiling water and one and one-half cupfuls sugar; extract lemon to taste. Let stand on stove until boiling, then strain into glasses, and set in a cool place.

MRS. C. H. WILLIAMS.

CURRENT JELLY.

Pick over currants and wash clean; put them in a clean sack and squeeze. Measure this juice and put on to boil. Have an equal amount of sugar measured and put in the oven to heat. When juice comes to a boil put the heated sugar in and boil twenty minutes.

MRS. H. A. RAMSAY.

GRAPE JELLY, NO. 1.

Take equal parts ripe and green grapes, pick from stems and wash; drain, mash them with a spoon. Put them in a preserving kettle and cover with water. Boil fifteen minutes; strain through jelly bag, allowing one pint of juice to one pound of sugar. Boil twenty minutes, skimming well. Fill the glasses while jelly is warm.

MRS. JORDAN YOUNG.

GREEN GRAPE JELLY.

Grapes half ripe are much nicer for jelly than when fully ripe. Stem and put in preserving kettle with just enough water to keep from burning. Let cook until soft and mash with a silver spoon until juice is well extracted, then strain, and to every pint of juice allow three-fourths of a pound of sugar. Boil twenty minutes; have the

sugar hot and pour juice over hot sugar; stir well and fill glasses.

MRS. L. D. HOWARD.

RIPE GRAPE JELLY.

Take grapes fully ripe, removing skins first, then heat until scalding hot; then strain and to two measures of juice put three of sugar; boil, and it will jell in about five minutes. Let stand in glasses three days before covering.

MRS. L. D. HOWARD.

GRAPE JELLY, NO. 2.

Take grapes while they still have a tart taste, almost cover with water, boil until soft and strain through jelly bag. Boil juice down one-half; measure, and to every cupful juice add one cupful sugar. Boil until it jells, or twenty minutes.

MRS. W. L. KENNEDY.

APRICOT JELLY.

Take fruit a little more than half ripe, pit and cover with water; boil until soft, then pour into a jelly bag and let drain without pressing the bag. Boil the juice down one-half or more. For every cupful juice thus obtained add three-fourths cupful sugar and boil until it jells, which should be about twenty minutes.

MRS. W. L. KENNEDY.

PLUM JELLY.

Take as many plums as you have and wash; put them in preserving kettle with boiling water

enough to cover; boil until plums begin to open and some juice is extracted. Then pour off liquid, strain it and add to each pint of juice one pound white sugar; return to kettle and boil from twenty minutes to one-half hour, as it may require, and you will have a most delicious jelly. The plums may be used for pie or sauce.

MRS. C. H. WILLIAMS.

APPLE JELLY.

Take apples, wipe and slice them, use seeds, skins and all. Cook until soft in enough cider to cover them, strain through a thin cloth laid in a sieve, add one pound of sugar to one pint of juice and boil a few minutes.

MRS. C. H. WILLIAMS.

CRAB APPLE JELLY, NO. 1.

Ten pounds of apples boiled in just enough water to cover them until tender; mash with a spoon and strain out the juice. Take one pint of juice to one pound of sugar; boil thirty minutes and strain through a hair sieve.

MRS. JORDAN YOUNG.

CRAB APPLE JELLY, NO. 2.

Wash and cut out every imperfection. Set on the stove and cover with water; cook slowly until soft enough to strain, then take off and drain through a jelly bag. To every four pints of juice use three pints sugar; heat the sugar very warm in the oven. Boil the juice fourteen minutes, then stir in the warm sugar and boil three minutes. Pour into glasses or moulds.

MRS. SAM BURNETT.

QUINCE JELLY, NO. 1.

Slice the quinces without paring; leave out the cores, as the mucilage around the seeds may injure the jelling. Put into a preserving kettle and just cover with water; put over the fire and boil until soft; remove from the stove and strain through a jelly bag. To every gallon of juice allow four pounds white sugar and boil fast until it becomes a stiff jelly. Apples improve the flavor and if you wish to use them take twice the amount of apples to the quinces. Cook the apples and the quinces in the same water, cooking the apples first. MRS. CHAS. NELSON.

QUINCE JELLY, NO. 2.

Ten pounds of quinces sliced without paring or coring; cover with water and cook until tender, then strain and to every quart of juice add one quart of sugar and cook until it jellies.

MRS. JORDAN YOUNG.

ORANGE JELLY.

- 1 box gelatine,
- 1 quart boiling water,
- 3 lemons, large and juicy,
- 1½ pounds sugar,
- 8 oranges.

Soak the gelatine one hour in cold water enough to cover it; add the boiling water, the juice of the lemons and the sugar. Let it stand over the fire until the sugar is dissolved. Squeeze the juice from the oranges and add to this. Pour into a mould and stand in a cool place (on ice if possible) over night. Serve with whipped cream.

Candied cherries look well around the dish.

MRS. MARDEN.

PEACH JELLY WITH GELATINE.

Make a thin syrup with ten ounces granulated sugar and one-half pint water; then take twelve ripe peaches, pare, halve and remove the pits, then blanch and bruise six kernels. Put the peaches and bruised kernels into the syrup and allow them to simmer for fifteen minutes, adding for flavoring the juice of two lemons and the grated yellow rind. Strain the juice through a jelly bag; add two ounces of gelatine dissolved in enough warm water to cover. Pour into a mould. If required for immediate use set on ice until stiff enough to turn out. If it is to be kept, pour into jelly glasses and seal.

MRS. JAMES TURNER.

BLACKBERRY JAM.

Mash the fruit; measure, and for every cupful fruit allow three-fourths of a cupful sugar. Boil the fruit fifteen minutes; add the sugar and boil fifteen minutes more, then pour into cups, and when cool seal.

MRS. W. L. KENNEDY.

CRANBERRY JAM.

Take one cupful nice, large raisins, seed and put in a saucepan containing a quart of cold water. Let this boil slowly until the whole mixture is reduced to a pint, then add four cupfuls cranberries and two and one-half cupfuls sugar. Let this mixture boil until it becomes the consistency of jam. Pour in tumblers and seal.

MRS. K. MARDEN.

RASPBERRY JAM.

Take red raspberries, crush them, and for every cupful of berries take three-fourths of a cupful of sugar, but do not add the sugar yet. Boil the berries (boil, not simmer) twenty minutes; add the sugar and boil five minutes more, then put in jelly cups and when cool seal.

MRS. W. L. KENNEDY.

STRAWBERRY JAM.

Select four pounds of large, ripe strawberries, remove the hulls, place the berries in a colander, rinse off with cold water, drain well and place them in a kettle over the fire; boil thirty minutes, then add four pounds of sugar; boil five minutes. Fill them into small jars, close and set in a cool place.

MRS. CHARLES NELSON.

COLD JAM.

Mash currants, or any kind of berries, and put into small jars with its weight in sugar alternately, berries and sugar, until full and shaken down. Close the jar and put away from the light. It will keep almost any length of time and be delicious. Currants and raspberries make a nice combination.

MRS. M. L. PARKHURST.

PINEAPPLE JAM.

Peel, grate and weigh the pineapples, put pound to pound of the pineapple and sugar. Boil in a preserving kettle thirty or forty minutes.

EMMA WALLACE.

ORANGE MARMALADE, NO. 1.

Cut the oranges into fine shreds. To every pound of shredded fruit allow two and one-half pints of water. Let this stand until the next day and then boil till the fruit is tender (about two hours). Let it stand again until the next day then weigh and to every pound of boiled fruit allow three fourths of a pound of sugar. Boil all together until the fruit is transparent (about one-half hour). A few lemons greatly improve it. Twelve oranges and three lemons make a nice quantity.

MRS. THOMAS NOCK.

ORANGE MARMALADE, NO. 2.

3½ pounds oranges,
6 lemons,
9 pounds sugar,
7 pints boiling water.

Pare oranges thinly with knife, then cut the skin into pieces with scissors. Put all the white pith and seeds in a pan with water to boil; place the cut up oranges and skin in a jar with the juice of six lemons; pour seven pints of boiling water over it (including the straining from pith and seeds as part). Cover the jar and leave for twenty-four hours, then add nine pounds of sugar and boil twenty minutes, when it ought to be ready. Let it be almost cold before putting into glasses.

MRS. NORRIS.

ORANGE MARMALADE, NO. 3.

One dozen fine oranges cut into thin slices. Pour over these six quarts water and stand twenty-four hours. Put to boil in same water

and boil three hours; add seven pounds white sugar and boil till clear. Carefully keep out all seeds and core. Navels are delicious.

PINEAPPLE-APRICOT MARMALADE.

3½ pounds apricots,
2½ pounds sugar,
12 kernels apricots, chopped fine,
1 can pineapple, chopped fine.

Cook three-quarters of an hour after it commences to boil. MRS. ROY GIFFEN.

FIG MARMALADE.

Peel black figs and to each pound figs take three-quarters of a pound of sugar. Take the juice that is left over from canned peaches and let it come to a boil, then add sugar; mix well and put in figs. Boil slowly for two hours.

MRS. GEO. SCANE.

PLUM BUTTER.

Cook plums well, mash through a colander, remove the seeds before cooking, and to one quart of pulp put in as much sugar and let boil till thick. May use flavoring if you like, but better without.

MRS. SLOAN.

APRICOT BUTTER.

Select nice ripe fruit, mash and boil until thick, stirring to prevent burning; then add one part sugar to two parts fruit, then boil until the juice will not separate when dropped on a plate, stirring constantly to prevent burning.

MRS. W. L. KENNEDY.

Fruit Canning.

MRS. FRED NELSON.

None but perfectly sound and fresh fruit should be used for canning; fruit can be canned with or without sugar. It should not be cooked too long, as that will destroy its natural flavor, and while boiling hot should be sealed in air tight glass jars or tin cans, filled to overflowing to exclude every particle of air, then quickly seal. When using glass jars they should be thoroughly heated before filling. After filling and closing stand the jars in a warm place, where the air will not strike them over night. In the morning you will be able to give the tops another turn; then wipe the jars carefully and put them away in a cool, dark place; a good plan is to wrap them in paper.

STEAMING PROCESS.

Pack the jars or cans full of fruit; pour over them a syrup of the strength you prefer—a cupful sugar to a quart of water will make a strong syrup. Screw the covers on lightly, or so you can lift the jar by its top. Have a board made to fit the bottom of the boiler and raised by cleats from the bottom an inch or so. Set the jars on this board, fill the boiler with warm water until it reaches a little more than half height of jar;

cover the boiler tight and steam until fruit is cooked sufficiently. Ten minutes is sufficient for berries, counting from the time the water begins to boil; about twenty minutes for Orange Clings and other firm fruits. A little practice will insure success and the table given here will be helpful. When the fruit is cooked sufficiently take the jars out, remove cover and fill with a boiling syrup (keep it on the back of the stove so it will be ready). Replace cover quickly and screw on top as tight as possible. Set jars in a warm place; avoid drafts. If possible, let them remain several hours until thoroughly cool without moving. When using the Mason jar it is well to turn it upside down until cool, any defect can then be easily be detected—always use new rubbers. This steaming process has so many advantages over the old process that all who give it a thorough test are sure to prefer it. There is no more danger of breaking jars than by the old method. When taking jars out of the boiling water if set into a pan of boiling water or on the stove all will be well. Do not set them by an open window or in a cool place. The only secret about it is to keep the temperature the same, remembering to cool very slowly.

CANNING.

A good general rule in canning fruit is to use one pound of sugar to four pounds of fruit, and barely enough water to keep from burning when first put over. To be more exact, the following proportions are given with time for boiling:

	Minutes.	Quantity Sugar, Ozs. per Qt.
Apples, sour, quartered.....	10	5
Bartlet Pears, halved.....	20	6

	Minutes.	Quantity Sugar. Ozs. per Qt.
Blackberries.....	6	6
Cherries.....	5	6
Currants, ripe.....	8	8
Gooseberries.....	8	8
Grapes, ripe.....	10	5
Peaches, halved.....	10	4
Peaches, whole.....	15	6
Pears, small, sour, whole.....	30	10
Pie Plant, sliced.....	10	10
Pineapples, sliced.....	15	6
Plums.....	10	8
Quinces, sliced.....	15	10
Raspberries.....	6	4
Strawberries.....	10	8
Siberian Crabapples.....	25	8
Tomatoes, sliced.....	20	—
Whortleberries.....	5	4

CANNED STRAWBERRIES.

All berries are canned after much the same fashion. Either use one or the other of the two rules given at the beginning of this department, or proceed as follows: Put the berries in a porcelain kettle; heat slowly. As they commence boiling add sugar according to the foregoing table; if strawberries, boil eight or ten minutes before putting in sugar; dip out any extra juice. Can hot and seal at once.

CANNED RASPBERRIES.

Look the berries over carefully and put them into a porcelain kettle. Put enough water so you can see it through the berries. Sweeten as you would for a stew, and can and seal boiling hot.

Gooseberries, plums, cherries and all small fruit are to be canned this way, care being taken that the cans are hot and fruit boiling.

CANNED PIE PLANT.

Cut in inch pieces and stew with its own weight of sugar slowly until tender; add only water enough to dissolve sugar. Seal up. Can without sugar if more convenient.

CANNED PUMPKIN.

Steam the pumpkin; first slicing and removing seeds; leave in the shell. When done, scrape from the shell; mash; fill into cans hot, being careful that no air bubbles remain in filling the can; seal up.

CANNED QUINCES.

Cut the quinces into thin slices like apples for pies. To one quart jarful quince take a coffee-saucer and a half of sugar and a coffeecupful water. Put the sugar and water on the fire and, when boiling, put in the quinces. Have ready the jars with their fastenings. Stand the jars in a pan of boiling water on the stove, and when the quince is clear and tender put rapidly into jars, fruit and syrup together. The jars must be filled so that the syrup overflows and fastened up tight as quickly as possible.

CANNED APPLES.

Apples can be canned by stewing them well done, with or without sugar, and sealing them up while hot.

ISABELLE GRAPES.

Take fully ripe and sound grapes, pick from the stems and pulp them by pressing slightly with the thumb and finger upon each one. Put the skins in a separate dish; then beat the pulp and press through a coarse cloth or sieve to remove the seeds; then put the juice and skins together in your kettle and when they come to a boil they are ready for the cans; secure well from the air. It matters not whether glass, cans or jars are used, if properly corked and sealed with wax.

BOILED APPLES.

Prepare apples as you would to bake, removing the cores; put them in a kettle and fill the center with sugar, nearly cover with water and allow to boil till tender. Remove them to an earthen bowl; boil down the syrup and pour it over the apples.

CANNED TOMATOES.

Scald with boiling water, peel and cut into small pieces. Cook until done; seal up while hot. Are kept much better in tin cans than in jars.

CANNED PLUMS.

To every pound of fruit allow three-quarters of a pound of sugar, for the thin syrup, a quarter of a pound of sugar to a pint of water. Select fine fruit and prick with a needle to prevent bursting. Simmer gently in a syrup made of the above proportion of sugar and water. Let them

boil not longer than five minutes. Put the plums in a jar, pour in the hot syrup and seal. Green gages are also delicious done in this manner.

CANNED PINEAPPLE.

Pare the fruit, taking out all the eyes and discolored parts; cut in slices; take out the core; weigh the fruit and put in a pan with one-fourth as many pounds of sugar as of fruit; let it stand over night. In the morning pour the juice into a preserving kettle; set over the fire and let come to a boil; put in the pineapples and let cook a few minutes; seal up in tin cans.

MRS. CHAS. NELSON.

PRESERVED PLUMS.

Take fruit and sugar pound for pound; scald the plums to remove the skins; or if left unpeeled prick each one in several places that the juice may exude; let it stand; drain and put the plums in the kettle with alternate layers of sugar. Pour the juice over this and let them boil five minutes, then remove the plums with a skimmer and boil the syrup until it thickens. Return the plums and boil ten minutes longer. Put in jars and tie up closely when cold.

MRS. FRED NELSON.

PRESERVED PEARS.

Pare, core and quarter the fruit, and to each pound of pears take one-half pound sugar. Save the perfect cores and skins and boil them in sufficient water to cover. Strain this and put the sugar in; let boil and add the prepared fruit; stew gently until the syrup becomes colored finely;

can and seal immediately. Any syrup remaining over may be bottled for pudding sauce.

PEACH PRESERVES.

Six pounds of best freestone peaches and three pounds sugar; pare and quarter the fruit; strew the sugar amongst it; cover and set away over night. Put into a preserving kettle in the morning and boil very slowly an hour or more. Seal hot.

MRS. AMOS HARRIS.

PRESERVED CURRANTS.

10 pounds currants,
7 pounds sugar.

Take stems from seven pounds currants, press juice from the other three pounds. When sugar is made into hot syrup put in currants and boil until thick and rich.

TO PRESERVE ORANGES.

First weigh the fruit; then grate them slightly; score them around and around, not too deep. Soak in cold water three days, changing the water at least three times a day; then boil the oranges until they are done; try by piercing with the head of a pin—when done the head of the pin penetrates easily. Make a syrup of a little more than a pound of sugar to a pound of fruit (make the syrup very thick), then drop the oranges in. Let them cook until done.

PRESERVED STRAWBERRIES.

To one pound of berries use three-fourths of a

pound of sugar in layers (no water). Place in a kettle on the back of the stove until the sugar is dissolved into syrup; then let come to a boil, stirring from the bottom. Spread on platters and set out in the sun until the syrup thickens. Put in tumblers like jelly.

RIPE TOMATO PRESERVES.

Seven pounds round, yellow tomatoes, peeled; seven pounds sugar, juice three lemons. Let stand over night together; drain off syrup and boil, skimming well, then put in the tomatoes and boil gently twenty minutes. Take out fruit with a skimmer and spread on dishes. Boil syrup down until it thickens, adding just before you take it off the fire the juice of the lemons. Put the fruit into jars and fill up with hot syrup. When cold seal up.

EMMA WALLACE.

WATERMELON PRESERVES.

Pare the watermelon rinds and cut an inch and one-half thick, then into strips the same thickness, leaving them the full length of the melon. To each pound of melon put one pound of sugar and one pint of water, make a syrup and simmer gently for twenty minutes, then put in the melon and cook until tender; before taking off the fire put in two lemons sliced thin and two ounces of root ginger. Do not let them boil long after the lemon and ginger are put in; do not stir them while boiling. A nice improvement is to add one pound of raisins just before the fruit is taken from the stove.

APPLE PRESERVES.

Take three-fourths pound sugar to each pound apples. Make a syrup of the sugar and a little lemon juice or sliced lemon peel; cut your apples in quarters and put a few at a time into the syrup and boil until they are transparent; skim out and put in a jar; when all are done boil the syrup down thick, pour it boiling hot over the apples and cover closely.

CRAB APPLE PRESERVES.

Core the crab apples with a sharp penknife through the blossom end, leaving the stem on. Take one pound of white sugar for each pound of fruit, and one cupful water to the pound; put over a moderate fire; let dissolve and boil. Skin and drop the apples in; skim out; boil the syrup until thick and pour over the fruit.

QUINCE PRESERVES.

Pare, core and quarter your fruit; then weigh it and allow an equal quantity of white sugar; take the paring and cores and put in a preserving kettle; cover them with water and boil for half an hour, then strain and put the juice back into the kettle and boil the quinces in it a little at a time until they are tender. Lift out as they are done and lay on a dish. If the liquid seems scarce add more water. When all are cooked put into this liquor the sugar and allow it to boil ten minutes before putting in the quinces; let them boil until they change color, say one hour or more, on a slow fire. While they are boiling occasionally slip a silver spoon under them to see that they do

not burn, but on no account stir them. Have two fresh lemons cut in thin slices, and when the fruit is being put in jars lay a slice or two on each. Quinces may be stewed until tender.

FIG PRESERVES.

Remove the skin from the figs at night and sprinkle sugar over the top, allowing two pounds of sugar to five of fruit. In the morning put over a slow fire and cook until thick. Cut up a lemon and while cooking add to the flavor.

GRAPE PRESERVES.

Make a syrup of sugar and water, allowing one pound of sugar to one of fruit, using just enough water to melt the sugar. When boiling have your grapes picked from the stem and washed clean; put into the boiling syrup and boil until thick and of a redish color. Seedless Sultana grapes are the best.

FIG MARMALADE.

5 pounds figs,
7 pounds sugar,
6 lemons, pulp and juice,
+ oranges, pulp and juice.

Chop the figs; grate the yellow part of the lemons, being careful not to use the inside white skin. Put a nice assortment of spices in a bag and put all on to boil about one hour.

MRS. C. S. W.

GRAPE BUTTER.

Use the Isabelle grape. Fill a large kettle with

the grapes after washing thoroughly; add a tea-cupful water, and when heated, rub through a colander to remove stems and skins; then through a sieve to remove seeds. Measure your grapes and add one-half the amount of sugar and cook it down to the consistency desired—some like it thicker than others. If you like it spiced add a teaspoonful each of ground cloves, allspice and nutmeg when boiling.

QUINCE HONEY.

5 pounds soft "A" sugar,
1 quart water,
5 grated quinces.

Boil all together until as thick as honey.

MRS. C. W. PATTERSON, Oregon.

GIM GAMS.

1 quart raspberry juice,
1 quart currant juice,
5 pounds sugar,
1 pound raisins,
2 oranges, peel and juice.
Cook until it is a jelly.

PIE PLANT SAUCE.

1 cupful chopped nuts, (walnuts and almonds),
1 lemon sliced thin,
3 pounds pie plant.

Slice the pie plant; boil all together slowly; sweeten to taste.

CANDIED ORANGE PEEL.

Put the orange peel into cold water and let it come to a boil, then turn off the water. Repeat this until you cannot taste any bitter about the peel. Make a thick syrup of sugar; put in the peel and boil slowly until clear, then can as you would fruit. MRS. WYLIE M. GIFFEN.

PEAR CHIPS.

6 pounds pears,
6 pounds sugar,
2 ounces ginger root,
6 lemons (rind of two),
1 cupful water.

Peel the pears and cut into very thin slices; pound the ginger fine and cut the lemons into small bits; grate the rind of two of them; boil until the pears are clear; take them out and boil syrup until it thickens; put pears back, heat all thoroughly and can.

GREEN TOMATO PICKLES.

One peck green tomatoes sliced, six large onions sliced; sprinkle through them one teacupful salt and let stand over night. Drain off in the morning. Mix two quarts of water and one of vinegar, then boil the tomatoes and onions in this five minutes. Drain again; now take four quarts vinegar, two pounds brown sugar, one-half pound ground mustard, two tablespoonfuls ground cloves, two tablespoonfuls vinegar, two tablespoonfuls cinnamon, one-half teaspoonful cayenne pepper, or six green peppers chopped fine. Boil fifteen minutes and tie up in jars.

MRS. GEORGE CLARK.

RIPE CUCUMBER PICKLES.

Pare and seed ripe cucumbers; slice each one into four pieces lengthwise. Let them stand in strong salt water 24 hours, then wash in clear water, then take two pounds of sugar and one ounce of cassia buds to one quart of vinegar and a tablespoonful each of allspice, cloves and cinnamon, tied in a bag; boil all together until the cucumbers are tender, not soft; seal up in jars; can be made without the cassia buds just as good.

PICKLED PEACHES.

For six pounds of fruit use three pounds of sugar, one pint of vinegar and spices to taste. Have the syrup hot; put in the peaches and cook until tender; seal up while hot. All kinds of sweet pickles of different fruits can be made in the same way.

MRS. CHARLES NELSON.

PICKLED CARROTS.

After they are cut in cubes and boiled until tender and soft put them into a jar and cover with hot vinegar, to which has been added a shredded onion, a few peppers, some celery seed and a couple of bay leaves. This pickle is nice to serve with cold meats, or it can be used with beats to garnish potato salad.

MRS. A. E. WAGSTAFF.

OIL PICKLES.

Select small cucumbers, wash and dry them so that the black spots rub off. Then sprinkle with plenty of salt and set the dish so the water

will drain; let stand all night. Take small onions, one-fourth as many as cucumbers, and put these in another dish and then drain all night, after being sprinkled with plenty of salt. In the morning mix all together with mustard seed, celery seed, best vinegar and olive oil (Gower's). Use about three tablespoonfuls oil to a two-quart jar.

MRS. F. N. NOBLE, Pacific Grove.

TOMATO PICKLE.

1 ounce cloves,
 1 ounce pepper,
 1 ounce turmeric,
 1 ounce celery seed,
 ½ pint white mustard seed,
 1 gill salt,
 1 pound sugar,
 1 gallon vinegar,
 1 gallon green tomatoes,
 2 gallons cabbage, cut fine,
 1 dozen onions.

Boil all together until tender; seal in jars.

MRS. ATEN.

TOMATO SWEET PICKLES.

Slice one gallon of green tomatoes, pour over them sufficient water to cover them; sprinkle salt over them one-fourth of an inch thick (scant the salt); let them stand 24 hours, then drain from the brine; put them in a large kettle or pan; add a quart of sugar and vinegar enough to cover them; also a good handful allspice, cloves and cinnamon, unground. Let them boil up, take off the stove and seal in glass jars while hot.

MRS. ATEN.

PINEAPPLE PICKLES.

7 pounds pineapple,
 3½ pounds sugar,
 1½ pints cider vinegar,
 1 ounce cloves,
 1 ounce cinnamon.

Tie spices up in a bag; place fruit in a deep bowl; boil the sugar, vinegar and spices three minutes; pour over the fruit and let stand one day. Pour liquor off; boil again three minutes and return to fruit as before. The third day boil all together half an hour over a slow fire and put into bottles while hot. MRS. S. W.

PLUM CHUTNEY.

10 pounds of plums,
 5 pounds sugar,
 5 large onions,
 1 tablespoonful allspice,
 1 tablespoonful cinnamon,
 1 tablespoonful cloves,

Crack seeds of all the plums and chop; add to above and cook well.

NETTIE M. WILBER.

SPICED CURRANTS.

3 pounds white sugar,
 5 pounds ripe currants,
 1 teaspoonful each of cinnamon, nutmeg,
 cloves and allspice.

Boil currants one hour, then add sugar, spices and one pint of vinegar; boil one-half hour longer.

FLORENCE O. C. DUFF.

SPICED BLACKBERRIES.

To six pints of berries take two and one-half pints sugar, one-half ounce each of cinnamon, cloves and allspice, ground. Boil sugar, vinegar and spices together (tie spices up in a clean cloth); put in the berries and let scald, not boil.

MRS. A. P. SMITH, Clovis.

WHOLE TOMATOES FOR WINTER.

Fill a large stone jar with ripe and perfectly sound whole tomatoes, adding a few cloves and a sprinkling of sugar between each layer; cover well with one-half cold vinegar and one-half water. Place a piece of thick flannel over the jar, letting it fall well down into the vinegar; then tie down with a cover of brown paper. These will keep all winter and are not harmed, even if the flannel collects mould.

TOMATO CATSUP.

Take a large dishpan of ripe tomatoes; wash them; slice and cook them; let cool; rub through a sieve; then place over the fire. Add a teacupful salt; let them cook down; then mix one pint vinegar, one-half teacupful mustard, teaspoonful cinnamon, scant tablespoonful cloves, teaspoonful allspice, teaspoonful cayenne pepper. Boil a few minutes, seal while hot.

MRS. ATEN.

PICCALILLI.

8 quarts green tomatoes,
6 large onions,

1 teacupful salt,
12 green peppers,
1 pint vinegar,
1 cupful sugar,
1 tablespoonful each cloves, cinnamon and
white mustard seed.

Cut the tomatoes and onions in thin slices; add salt; pack into layers and let it stand over night. In the morning pour off the liquid; add twelve green peppers and chop fine. Put all in an agate kettle with the other ingredients and cook slowly two hours; keep closely covered; seal in jars.

MRS. SANCROFT CHAMBERS.

CUCUMBERS IN OIL.

Wash and slice in thick slices, without paring, fifty large cucumbers. Cover with weak brine and let stand twenty-four hours; drain and mix with the cucumbers two tablespoonfuls whole mustard, one tablespoonful celery seed and one cupful salad oil. Add enough cold vinegar to cover.

MRS. H. A. MITCHELL, Palo Alto.

GINGERED PEACHES.

Soak one ounce of ginger over night in a pint of water; peel eight pounds of peaches and cut in quarters or smaller; place a layer of peaches on a platter; sprinkle thickly with granulated sugar, and continue in this manner until all are used. Let stand over night. In the morning turn into a porcelain lined kettle. Add the water in which the ginger has been soaked and simmer four hours, or until rich and thick.

MRS. ROSS.

COOKING DRIED FRUIT.

Put the fruit to soak over night. In the morning pour off the water; cover again with cold water and place on the stove. After it comes to a boil pour off the water two or three times; cook very slowly, three or four hours. And the fruit will taste just like canned fruit. Pouring off the water so many times destroys the strong flavor of dried fruit and does not make it tasteless, as one might think.

HELEN L. WATERMAN.

HOW TO PEAL DRIED PEACHES.

Take amount you wish to cook, on put stove with plenty cold water to cover; let get very hot, peal will slip off; put peaches in another dish, add sugar and cook slowly until done.

Frozen Dainties.

MRS. A. MATTEL.

As much of the success of frozen dainties depends on properly packing the freezer, directions should be carefully followed. Have the freezer, can and dasher clean and sweet. See that can and dasher are properly adjusted in the pail, then put in the mixture to be frozen; cover and put on cross bar or top plate and turn the crank to see that everything is in its right place and works properly. Crush the ice by putting it in a sack made of canvas and with a wooden maul pound it—the finer it is broken the more closely it will pack around the can, and the more rapidly it freezes; then fill the pail of freezer with alternate layers of ice and salt, which should be coarse, using three measures of ice to one of salt. More salt will freeze the cream sooner, but it will not be as smooth. Pack ice and salt solidly by using the handle of maul to force the ice down. Remember that if the ice is packed solid at first no more ice and salt will be needed. Do not draw off the water in pail but keep the hole near the top of the pail open to allow it to run off when necessary and prevent the salt water from getting into the cream. Be sure that ice and salt cover can if the can is three-fourths full; if less than that it is higher in pail than

mixture is in can. As freezing increases the bulk of mixture, never fill can more than three-fourths full, and if white of eggs are used, only two-thirds. Now, in freezing, first turn the crank slowly and steadily till the mixture is frozen to a mush; then more rapidly, and if necessary, add more salt and ice. If properly packed, it will take from twenty to thirty minutes to freeze. Water ices require a longer time than ice creams. When frozen, remove the crank, wipe the lid of can carefully, so when it is removed no salt will get into the cream, take out dasher and with a wooden paddle scrape the cream from sides of can and beat and work it a few minutes. This makes the cream smooth; now put the lid on the can, putting a cork in the hole where the dasher was taken from; drain off the water, repack with ice and salt, cover with a piece of heavy wrapping paper, then with an old piece of carpet, and put away in a cool place for two or three hours to ripen.

To mould and pack frozen dainties the mixture should not be frozen too hard, if to be moulded, and before packing take a long handled spoon, stir down the mixture thoroughly; have your mould chilled by packing it in salt and ice before filling; now fill the mould, being careful to fill every corner if a square one is used; if fancy, that all of the design is packed solid; then fill the mould so full that when covered the mixture is forced down the sides; put on a piece of waxed or buttered paper, "buttered side up," then the cover to the mould—see that it fits accurately. Pack into tub or pail with ice and salt (using four measures of ice to one of salt) so that the mould is entirely covered with ice; set away from two to three hours. To serve take mould from

salt water and hold under cold water faucet; let it run one minute to rinse off the salt; wipe the mould, remove the cover and paper; invert on serving dish and the frozen mixture will fall out. Should it fail to do so, wring a cloth from hot water and spread it over the mould a moment; never dip a mould in hot water.

Frozen mixtures are classified as ice creams, water ices, granites, sherbets, frappe, punch, sorbet and mousse.

PHILADELPHIA ICE CREAM—A thin cream, sweetened and flavored, and, without cooking, frozen.

NEAPOLITAN ICE CREAM—Made of rich cream, eggs, sugar and flavoring, cooked into a delicate custard.

WATER ICES—Juice of fruit diluted with water and sweetened, there being two ways in which to prepare it—one by cooking sugar and water then cooling it, which gives body to the ice, and it does not melt as quickly when served; the other simply to mix the ingredients and freeze.

GRANITES—A water ice to which small fruit or large fruit cut into small squares and mixed in with as little stirring as possible when the ice is nearly frozen.

SHERBERTS—A water ice to which the white of an egg has been added when ice begins to thicken and served in small tumblers or lemonade glasses.

FRAPPE—A water ice frozen to a mush, using equal parts of salt and ice in freezing, which make it granular.

PUNCH—A water ice to which spirits and sometimes spices are added.

SORBET—When several kinds of fruit juices

are used it is sometimes called sorbet, but it is really a frozen punch.

Mousse—A mould lined with an ice and whipped cream, sweetened, used as a filling and packed in ice and salt and not disturbed for three hours.

ICE CREAM, NO. 1.

$\frac{1}{2}$ pint cream,
1 quart milk,
1 cupful sugar,
1 teaspoonful vanilla extract.

Freeze.

M. L. PARKHURST.

ICE CREAM, NO. 2.

1 pint sweet milk,
1 pint cream,
5 eggs, yolks (more if desired),
 $\frac{3}{4}$ cupful sugar,

Boil milk; add sugar and yolks eggs; add cream and flavoring and freeze. MARY MOTT.

APRICOT ICE CREAM.

1 can apricots,
1 pint sugar,
1 quart water,
1 pint whipped cream.

Cut apricots in small pieces; add sugar and water and freeze. When half frozen add whipped cream.

MISS JENNIE STANYAN,
San Francisco.

COFFEE ICE CREAM.

Add one-half cupful very strong coffee to above recipe before freezing.

MARY MOTT.

ONE GALLON ICE CREAM.

1 quart good rich cream. (Be sure it is sweet).

2½ pints new milk,

1½ coffeecupfuls sugar,

1 heaping tablespoonful flour.

Wet flour and make into a paste with a little cold milk; scald in two quarts of the milk; strain and add the sugar; let it stand and get cold, then add the cream and remainder of milk, the whites of two eggs well beaten, three table-spoonfuls vanilla extract. The milk must be scalded in a double boiler to prevent scorching. Should be frozen and let stand two hours before serving.

MRS. JAMES A. HAMILTON.

LEMON ICE CREAM.

1 pint cream,

1 pint milk,

4 eggs, whites only,

¾ cupful sugar,

Flavor with lemon essence.

To the grated rind of lemon add sugar, eggs and milk; cook. When cold, add cream and flavoring, then freeze.

HARRIET STOUT.

PEACH ICE CREAM.

1 pint mashed peaches,

2 cupfuls sugar,
 4 eggs,
 2 cupfuls cream,
 2 cupfuls milk,

Beat yolk of eggs with sugar and pour into scalding milk; add whites and boil until a thick custard, when cold put in the cream and peaches. Freeze.

MAY KNAPP.

HOT CHOCOLATE SAUCE.

(To Be Used With Ice Cream.)

2 squares chocolate, the unsweetened,
 1½ cupfuls sugar,
 ½ cupful water,
 1 tablespoonful butter,
 ½ teaspoonful vanilla extract,

Melt the chocolate by placing over hot water; add the other ingredients and cook fifteen minutes; cool it slightly; add the vanilla last, and pour over the individual dishes of ice cream.

M. L. PARKHURST.

BISQUE.

1 pint rich cream,
 1 cupful sugar,
 ½ pound walnuts, chopped fine.

Beat cream thoroughly; add sugar and walnuts, a very little vanilla. Freeze without turning freezer; should be packed from five to eight hours.

MRS. F. D. McPHERSON, Santa Cruz.

BAKED OR ALASKA ICE CREAM.

Take a silver platter or any dish which will not break in the oven; cover bottom with lady fingers, or any other cake; put your ice cream, any kind, on top of cake, only see that ice cream is well frozen. Have by this time whipped the whites of six eggs to a very thick froth, have on a plate one pound of powdered sugar, mix sugar carefully with froth, now cover ice cream with half of this; take the other in a pastry bag; garnish over all and bake in a very hot oven ten or fifteen seconds till a nice brown. send to table immediately. (A very nice surprise.)

MRS. HENRY BECKER,
San Francisco.

ALMOND ICE CREAM.

1 quart cream,
4 ounces shelled almonds,
1 teaspoonful of vanilla extract,
A few drops each of rose water and bitter almond extract.

Blanch almonds, pound to a paste adding a few drops of rose water and bitter almond and a very little cream gradually. Heat cream in a double boiler till steaming hot (not boiling), melt sugar in it, set aside and when cold add almond paste. Freeze and pack. Nut ice cream requires a longer time to freeze.

MRS. C. L. PIDDA.

GRAPE WATER ICE.

4 quarts of ripe grapes,
2 tablespoonfuls of gelatine,
1 cupful cold water,

3 cupfuls sugar.

Soak gelatine in water, mash and squeeze the grapes through butter cloth till all juice is extracted; add the sugar dissolved in one pint of boiling water to grape juice and gelatine; cool and freeze.

MRS. A. MATTEI.

CURRENT ICE.

4 cupfuls of water,
1²/₃ cupfuls sugar,
2¹/₄ cupfuls currant juice.

Boil water and sugar ten minutes; add currant juice, cool and freeze. Serve in tall glasses; garnish with red and white currants.

LEMON ICE.

For every quart of ice desired take two small teaspoonfuls of corn starch, place in cold water and boil slowly till all taste and smell of the starch has been removed, taking care to prevent burning on the bottom by stirring frequently. To this add, while hot, the juice of two medium sized (or one and one-half large) lemons for each quart. If the sliced rind of one or more lemons is added to the whole the quality is for many palates, much improved; strain the material through a fairly fine colander, and while it is still warm add sufficient sugar to sweeten to taste; remembering, however, that lemon becomes more acid in cooling and the material should therefore, when warm, be somewhat over sweet. Freeze and serve precisely as with ice cream. (It should be remembered that very much of the delicacy of the ice depends upon the

success with which all trace of the starch is dispelled in boiling.)

REV. WILLIAM HIGGS.

ORANGE WATER ICE.

1 pint orange juice,
1 pint of sugar,
1 quart of water.

Put the sugar and water on to boil; chip the yellow rinds from three oranges; add the syrup, boil five minutes, and stand away to cool; add orange juice to the syrup, strain through a wire seive and freeze. This will serve six.

MRS. A. MATTEI.

STRAWBERRY ICE, NO. 1.

1 quart of sour berries,
1 pound sugar,
1 quart water,
Juice of two lemons.

Add the sugar and lemon juice to the strawberries; mash them and stand aside one hour; add the water; freeze.

MRS. D. S. HALLOCK.

STRAWBERRY ICE, NO. 2.

Boil and skim three cupfuls of sugar and one quart of water, and before taking off add one tablespoonful of gelatine dissolved in cold water. When this mixture cools add to it the juice and pulp of three boxes of strawberries (rubbed through butter cloth), the juice of three lemons and three oranges and enough water to make two quarts. When half frozen add the well

beaten whites of two eggs.

MRS. G. C. GRIMES, Fresno.

BLOOD ORANGE SHERBET.

Make a syrup by boiling four cupfuls water and two cupfuls sugar together 20 minutes; cool; add two cupfuls orange juice; one-fourth cupful lemon juice and grated rind of two oranges. Strain and freeze. Use blood oranges or color with fruit coloring.

LEMON SHERBET.

One quart milk, three cupfuls of sugar; put in a freezer and when nearly frozen add a coffee cupful of strained lemon juice. This is white, smooth and delicious.

MIXED FRUIT SHERBET.

Three shredded oranges, the juice of three lemons, two or three bananas finely sliced, three cupfuls of sugar dissolved in three cupfuls of boiling water and allowed to cool. Mix all together and pour into freezer; when nearly frozen add the beaten whites of four eggs.

MRS. A. HARRIS.

STRAWBERRY SHERBET.

1 quart strawberries,
2 lemons,
1 pound granulated sugar,
1 quart water.

Wash the strawberries and mash fine; add juice of lemons and sugar; let stand in a cool

place one hour, add the water and freeze.

M. L. PARKHURST.

PINEAPPLE SHERBET.

One can pineapple, soaked in one quart cold water for three hours, one pint boiling water, two and one-half cupfuls sugar, and two lemons boiled together five minutes. Let it cool; then mix in pineapple water and juice of two more lemons; freeze. Very good.

MRS. D. S. HALLOCK.

COFFEE FRAPPE.

Four tablespoonfuls finely ground coffee; pour over it one quart boiling water; add one gill of good cream and enough sugar to make it over-sweet, When cool, turn into ice cream freezer and turn slowly until it is frozen. You can make it without a particle of cream or milk, but in that case turn rapidly while freezing.

M. L. PARKHURST.

WHITE VELVET SHERBET.

6 lemons,
3 cupfuls sugar,
3 pints milk.

Mix lemon juice and sugar and add milk gradually. Freeze.

MISS JENNIE STANYAN, San Francisco.

STRAWBERRY MOUSSE.

1 pint cream,
1 box strawberries,

1½ cupfuls sugar.

Whip the cream to a stiff froth, add sugar and strained juice of berries; freeze in a pail or mould without stirring.

MRS. PARKHURST.

MOUSSE.

⅓ box gelatine,
1 quart cream,
1 pint fine pineapple,
⅓ cupful cold water,
1 cupful boiling water

Soak the gelatine in cold water; add the boiling water and cook a little. Whip the cream and add the sugar and pineapple. Pack in ice and salt; let stand five hours.

FROZEN PUDDING.

1 pint cream,
1½ dozen macaroons,
3 tablespoonfuls powdered sugar,
2 tablespoonfuls ground chocolate.

Whip the cream, add the sugar and divide in three parts. To one portion add chocolate which has been moistened with very little water and stirred until smooth. Add enough pink coloring to second portion to give a delicate pink. Flavor third portion with vanilla. Roll macaroons, not too fine, and divide into three parts. Take a small lard can and put in first the pink cream and over it one portion of macaroons, next white cream and then second layer of macaroons, then add chocolate cream. Cover can and pack well with ice and salt, as for ice cream. Let stand four hours. When ready to serve turn out and

cover top with third portion of macaroons. It will turn out more easily if you wrap a hot cloth around the can for a very short time.

MRS. G. C. GRIMES. Fresno.

QUEEN PUDDING, NO. 2.

Line a melon mould about two inches deep with vanilla ice cream, or if preferred, use strawberry water ice, having ready a pint of chilled peaches. Fill these in the center, cover with cream or ice, bind edges with strip of buttered cloth; pack in ice and salt two hours. When ready to serve wipe mould with warm towel, turn out on large dish. Dust with grated macaroons and serve immediately.

FIG PUDDING.

- 1 pint cream,
- 2 pints milk,
- 1 cupful sugar,
- 1 pound dried figs,
- 1 wineglassful curacoa.

Chop figs fine and pour the curacoa over them. Let them stand until the cream is ready. Mix sugar and milk; add cream after it is slightly beaten; freeze; when nearly done add figs.

ORANGE, OR STRAWBERRY CHARLOTTE.

- 2 tablespoonfuls granulated gelatine,
- 1 cupful sugar,
- 1 cupful fruit juice and pulp,
- $\frac{1}{2}$ cupful cold water,
- $\frac{1}{2}$ cupful boiling water.

3 teaspoonfuls lemon juice,
Whites 3 eggs,
 $\frac{1}{2}$ pint whipped cream.

Soak gelatine in cold water, then dissolve in boiling water; add sugar, lemon juice, fruit juice and pulp. When cold whisk until frothy, then add whites of eggs beaten stiffly and fold in cream. Line a mould with sections of orange and fresh ripe strawberries; turn in the mixture and chill.

MARASCHINO FROZEN PUNCH.

2 tablespoonfuls liquor of Maraschino cherries,
Juice 2 lemons and 5 oranges,
Pulp 3 Japanese persimmons,
Pulp 2 bananas,
1 pint canned apricots,
 $3\frac{1}{2}$ cupfuls granulated sugar,
5 cupfuls water.

Strain all through a coarse cloth and freeze. Serve after the meat course in stem champagne glasses with the cherries as a garnishment.

MRS. F. E. COOK, Fresno.

ROMAN PUNCH.

$1\frac{1}{2}$ pints strong sweet lemonade,
 $\frac{1}{2}$ pint champagne,
1 small wineglassful best Jamaica rum,
Juice 2 oranges.

Mix, and when partly frozen add whites of two eggs, beaten stiff. MRS. A. MATTEI.

CANTELOUP FROZEN.

Choose one which is ripe and luscious. Cut

pulp into tiny cubes and sprinkle with little sugar and a little pinch salt; let it stand in freezer one hour. Serve heaped on a pretty dish.

MRS. C. L. Pioda.

FROZEN APRICOTS.

1 quart can apricots,
2 tablespoonfuls gelatine,
2 cupfuls sugar,
1 pint cream.

Drain the apricots, cut them into pieces with silver spoon; measure the syrup and add sufficient water to make one and one-half pints; add the sugar. Cover the gelatine with a little cold water and soak one-half hour. Boil the sugar, syrup and water together for five minutes; skim carefully; add the gelatine, stir until dissolved; add apricots and stand aside to cool. When cold, freeze, stirring slowly. When frozen, remove the dasher and add the cream, whipped. Re-pack, cover and stand aside for two hours.

MRS. MARDEN.

FROZEN STRAWBERRIES.

1 pint strawberries,
2 cupfuls sugar,
1 quart water,
Juice 2 lemons.

To the berries add the lemon juice and sugar; let them stand an hour, then mash the berries, add the water and stir until sugar is dissolved. When nearly frozen add the white of one egg, beaten; freeze slowly.

MRS. EDDY.

PINEAPPLE CREAM.

$\frac{1}{2}$ cupful sugar,
1 cupful water,
1 can grated pineapple,
 $\frac{1}{2}$ box gelatine,
1 cupful cream.

Boil sugar, water and pineapple together ten minutes; dissolve gelatine in one-half cupful cold water and beat into pineapple. When cool beat in one cupful whipped cream. Set on ice. Serve with whipped cream.

MRS. SIDNEY J. PARSONS.

Candy.

MISS HARRIET M. STOUT.
MISS CARRIE ELDER.

A perpetual feast of nectared sweets.

ALMOND CANDY.

To each cupful of sliced almonds add one cupful granulated sugar. Butter skillet well. Put in sugar first and then almonds. As soon as the sugar begins to dissolve, stir the above with well buttered spoon and continue stirring slowly until a light brown, then pour on a buttered platter and spread with a spoon.

MRS. THOMAS HARRIS.

FRENCH CREAMS, NO. 1.

(Cooked.)

Put into a granite ware sauce pan one cupful water, two cupfuls granulated sugar and a pinch cream of tartar. Stir until the sugar is nearly melted; then place on the fire and heat slowly, but do not stir. Watch carefully and note when it begins to boil. When the sugar has been boiling for ten minutes take a little of it and drop in ice water. If it hardens enough to form a soft ball when rolled between finger and thumb

it is cooked enough. Remove saucepan from the fire and when the syrup stops boiling pour into a large platter and set in a cool place. When the syrup is so cool that the finger can be held in it comfortably, stir with a wooden spoon or paddle until it becomes thick and white. When it begins to look hard and a little dry, remove spoon and knead with hands until the cream is smooth and soft. Work the flavoring in a little at a time. If the candy becomes hard and crumbly, it means that it has been cooked too long. Dampen the candy with a very little water and knead as before. By combining this fondant with figs, prunes or citron a variety of creams may be made.

HARRIET M. STOUT.

FRENCH CREAMS, NO. 2.

(Without Cooking).

2 pounds confectioners' sugar, XXX, rolled and sifted.

Beat whites of two eggs and put in a tumbler (mark the quantity), pour in a dish and add the same amount of cold water as you had egg in the tumbler, and a scant tablespoonful vanilla. Stir well together and add slowly the two pounds of sugar. Stir with a silver spoon until well mixed. This is the foundation for all cream candies.

MISS A. CAMPBELL.

CHOCOLATE CREAMS.

Take some of the fendent and mould into cone shaped forms. Lay these aside for a few hours in a cool place to harden. Put two ounces of unsweetened chocolate in a cup and stand the cup in a saucepan of boiling water until the chocolate

is melted. Take the cones of cream one at a time on a silver fork and dip them into the chocolate until well coated, then slip them from the fork onto waxed paper and set aside to dry.

HARRIET M. STOUT.

COCOANUT CREAMS.

Knead into the cream fondant shredded cocoanut. After the two are thoroughly mixed break off small pieces and roll into balls. Dip the balls into white of egg and roll in the shredded cocoanut. The egg is used to make the cocoanut adhere to the outside.

HARRIET M. STOUT.

CREAM DATES.

For these select large perfect dates and with a sharp knife make a slit and remove the stones. Form some French cream into oval shapes, resembling the dates themselves, but not so large. Insert the piece of cream in the side of the date where the stone was removed, not, of course, concealing the cream altogether.

HARRIET M. STOUT.

BRITTLE.

- $\frac{1}{4}$ cupful Sultana raisins,
- $\frac{1}{4}$ cupful figs,
- $\frac{1}{4}$ cupful Brazilian nuts sliced,
- $\frac{1}{4}$ cupful cocoanut.

Grease tin plates and scatter nuts and fruit over them. Then boil till good and brittle the following:

- 2 cupfuls sugar,

1 tablespoonful butter,
 $\frac{1}{4}$ cupful vinegar,
 $\frac{1}{2}$ cupful water.

Pour into plates containing fruit. Break in pieces when cold.

EMILY DAHLGREN.

BUTTERSCOTCH, NO. 1.

2 cupfuls brown sugar,
 1 cupful water,
 $\frac{1}{4}$ cupful butter.

Cook until it is brittle when dropped into cold water. For caramels, when almost done add one-fourth cupful grated chocolate.

MISS MURRAY

BUTTERSCOTCH, NO. 2.

Put into a pan one-half pound brown sugar, a gill of water, one teaspoonful vinegar and one-half ounce butter. Boil all together for twenty minutes, then pour into buttered tins; mark it out as it cools with the back of a knife. Flavor to taste as you pour it into the tins. D.

CREAM CANDY, NO. 1.

4 cupfuls sugar,
 1 cupful cold water.

Stir well before putting on stove, but do not move while boiling. Keep covered about three minutes, then put five drops lemon juice in. When it hairs turn into a flat dish to remain perfectly still until you can bear your finger in it, then beat with a knife until it becomes creamy. Then knead and cut into any shape.

MYRTLE CHAPMAN.

CREAM CANDY, NO. 2.

2 cupfuls granulated sugar,
 Enough cream to dissolve it,
 Small piece butter.

Boil until it hairs from the spoon; add tea-spoonful vanilla and take from stove and beat until it creams. Pour on buttered plate. It is much nicer if put away and kept for ten days.

BEATRICE GRACEY.

CREAM TAFFY.

1 pound white sugar,
 3 tablespoonfuls vinegar,
 1 teaspoonful lemon extract,
 1 teaspoonful cream of tartar,
 1 tablespoonful butter,

Add little water to moisten sugar.

Boil until brittle. Put in extract and turn out on buttered plates. When cool, pull until white and cut into squares. Do not stir while cooking.

EUNICE GORDEN.

CREAM CHOCOLATE CARAMELS.

$\frac{1}{2}$ pint white sugar,
 1 pint brown sugar,
 $\frac{1}{2}$ pint thick cream,
 1 generous tablespoonful butter,
 4 ounces chocolate.

Mix together in a granite ware saucepan; place on the fire and stir until the mixture boils. Cook until a few drops of it will harden if dropped into cold water, and pour into well buttered pan, having mixture about three inches deep. When early cold make into squares. It will take almost

an hour to boil this in a granite ware pan.

EUNICE GORDON.

WALNUT CARAMELS.

- 2 cupfuls molasses,
- 2 cupfuls brown sugar,
- 1 cupful milk,
- 1 tablespoonful glycerine.

Boil rapidly for about thirty minutes, then add one cupful grated chocolate and piece of butter the size of an egg; boil twenty minutes longer. If then a little of the mixture hardens when dropped in cold water, remove pan from fire, add the nuts and pour into buttered tins; when nearly cold mark into squares.

CHOCOLATE CARAMELS.

- 1 cupful sugar,
- 1 cupful good molasses, not syrup,
- Piece of butter size of an egg,
- 1 cupful cream or milk,
- 2 ounces of grated unsweetened chocolate.

Put these ingredients in an enameled saucepan and boil them together, stirring constantly, for twenty minutes. If the mixture forms into a ball when dropped into cold water, it is done. Remove from fire; pour into well buttered tins and, when cool enough, mark into squares.

FUDGE, NO. 1.

- 2 cupfuls sugar,
- 1 cupful milk,
- 2 squares chocolate,
- Butter size of an egg.

Boil ten minutes or more, or until it forms a soft ball in cold water. Take from fire and stir.
MRS. PARRYMORE.

FUDGE, NO. 2.

2 cupfuls sugar,
 $\frac{1}{4}$ cupful sorghum,
 $\frac{3}{4}$ cupful milk,
 1 tablespoonful butter,
 3 squares chocolate,
 1 pint nuts.

Cook all but nuts until a little dropped in cold water can be moulded between thumb and finger. Add nuts and flavoring and beat until cool.

MAUDE TURNER.

FUDGE, NO. 3.

3 cupfuls sugar,
 1 cupful milk,
 1 teaspoonful butter.

Cook; when sugar is melted, add four or five tablespoonfuls cocoa; stir and boil nine or ten minutes. Take from fire and add one teaspoonful vanilla. Stir until creamy; pour on buttered plates and cut into squares.

MRS. JAMES TURNER, Clovis.

MAPLE CREAM.

Take three cupfuls brown sugar and just enough water to dissolve, butter the size of an egg. Boil until it hairs from the spoon, then put in a tablespoonful vanilla. Take from the stove and beat until it is like cream, then pour into a large greased platter and cool until hard enough

to cut. It is much nicer when nuts or cocoanut is stirred in.

BEATRICE GRACEY.

PANOCHE, NO. 1.

2 cupfuls sugar,
 $\frac{1}{2}$ cupful milk,
 $\frac{1}{2}$ cupful butter,
 $\frac{1}{2}$ cupful walnuts,

Cook until waxy. When done beat until creamy.

MRS. PARRYMORE.

PANOCHE, NO. 2.

2 cupfuls brown sugar,
 2 cupfuls white sugar,
 1 cupful milk,
 1 tablepoonful butter,
 1 pound English walnuts, chopped fine.

Boil fifteen minutes, or until it hardens in cold water. Just before taking off stove flavor with vanilla and put in nuts, and pour on buttered plate.

CARRIE ELDER.

PERSIAN DELIGHT.

1 pound English walnuts,
 1 pound dates,
 1 pound figs.

Chop very fine and mix with all the confectionery sugar it will take. Add a little vanilla; then roll it out on the board, using sugar to keep it from sticking, and cut it in squares.

JENNIE CROWLEY, Providence, R. I.

PRAULINES.

2 cupfuls granulated sugar,

$\frac{2}{3}$ cupful water,
 $\frac{1}{3}$ cupful vinegar,
 Butter size walnut.

Boil until it ropes from the spoon, then stir in one quart peanuts and stir until white.

MRS. E. F. HAWKINS.

MOLASSES CANDY, NO. 1.

2 cupfuls molasses,
 1 cupful brown sugar,
 Butter size of walnut.

Boil twenty minutes then add two teaspoonfuls cream of tartar, one teaspoonful soda, one teaspoonful vinegar. Turn into buttered pan until cool enough to pull. LOTTIE CLARK,
 Courtesy of "Crumbs from Everybody's Table."

MOLASSES CANDY, NO. 2.

1 quart molasses,
 1 pint white sugar,
 1 dessertspoonful butter,
 1 teaspoonful vanilla,
 1 tablespoonful vinegar,
 1 teaspoonful soda.

Let molasses, vinegar and sugar boil until brittle when tested in cold water. When nearly done add butter, and when entirely done add vanilla and soda. Cool in well greased tins; then pull.

MRS. W. G. WANZER.

MOLASSES TAFFY.

1 pint genuine molasses, best quality,
 $\frac{1}{2}$ pound sugar,
 $\frac{1}{2}$ teaspoonful vinegar,

1 ounce butter.

Stir all this over the fire until it comes to the "crack;" that is, until a piece being dropped into cold water it sets at once and falls to the bottom of the dish with a tinkle like glass; then pour it out into well-buttered tins. When cool enough to handle turn in edges and make it all into a ball; pull until a light tan color and cut in pieces with scissors. D.

ICE CREAM TAFFY.

2 pounds granulated sugar,
 $\frac{1}{3}$ pint of water,
 $\frac{1}{6}$ pint vinegar,
Butter the size of an egg,
1 tablespoonful glycerine.

Boil together without stirring from twenty minutes to half an hour; when, on dropping a little of this into cold water, it hardens at once, add to it a small teaspoonful cream tartar; pour it all onto well-buttered plates to cool, and pour two teaspoonfuls of essence of vanilla over the top. Let it cool; pull it until it becomes beautifully white and cut it with scissors into sticks.

POP CORN BALLS.

Pop the corn and reject all that is not nicely opened. Place a half bushel on a table or dripping pan. Put a little water in a suitable kettle with one pound of sugar and boil until it becomes quite waxy in cold water. Remove from fire and dip into it six or seven tablespoonfuls of gum solution made as thick as molasses by pouring boiling water on gum arabic and letting stand over night. Pour mixture over corn, putting a

stick or hands under the corn, lifting it up and mixing until it is all saturated; let stand a few moments, then flour the hands slightly and press into balls. This amount will make one hundred pop corn balls, such as the street peddlers sell, but for home eating omit the gum solution and use a half pint of stiff taffy made as above, for one peck of popped corn. This will make twenty rich balls.

CHOCOLATE PEPPERMINTS.

2 pounds confectioners' sugar (XXXX),
 $\frac{1}{4}$ pound bakers' chocolate.

Add enough water to the sugar to make it the right consistency to roll into balls; flavor with peppermint and roll out on wax paper with the rolling pin; cut out the peppermints; melt the chocolates and dip the peppermints, holding them on the end of a fork; set on wax paper to cool.

Food for Invalids.

MRS. L. D. HOWARD.

Endeavor to tempt the appetite of the patient by attention to little things. Give the distasteful food the resemblance of something that is particularly palatable. Cover the tray in a dainty manner with the freshest of cloth; render it bright with a vase of flowers. Do not set a plate before an invalid containing the exact quantity of meat, fish or anything you wish him to eat. Serve everything on small dishes and allow the patient to help himself. Very often the effort to lift the head, even if the person is not dangerously ill, disinclines them to take refreshing or nourishing drink. Do not disturb such sufferers by propping them up with pillows and making them lift their heads and change their position. Secure a bent glass tube and the patient need not be disturbed, in a sick headache or extreme fatigue, but can take the beverage provided without a change of position. As the system feels the need of the very thing that the taste demands, satisfy that desire as far as possible; but the greatest care is necessary with regard to food; therefore, give no new article of diet without the express permission of the physician.

CONCENTRATED FOOD FOR INVALIDS.

Bartholow's Food, first made by Dr. Bartholow, of Philadelphia, is better known to nurses than to others. It is a very concentrated food, useful in nourishing a patient who is on a liquid diet.

SAGO FOR INVALIDS.

1 cupful beef tea,
2 level tablespoonfuls sago,
1 yolk of egg,
1 cupful sweet milk,
Salt to suit.

The sago is given for the starch it contains, arrowroot and sago being the most easily digested form of starch. In making the food, first put the sago in the milk; heat until the grains swell and thicken the milk; stir frequently, and if possible cook in a double boiler. Do not scorch. When cooked, it should look clear; take from the fire, stir in the cup of beef tea, beat in the yolk of the egg, salt to taste, and serve. Do not give more than one-fourth cupful at one time. When wanted heat in a jar of hot water.

DRINKS FOR THE SICK.

APPLE TEA—Roast eight fine apples in the oven or before the fire; put them in a jug with two spoonfuls of sugar, pour over them one quart of boiling water; let the whole stand one hour near the fire.

ORANGE WHEY—Juice of one orange to one pint sweet milk; heat slowly until curd forms; strain and cool.

RENNET WHEY—One quart of milk, almost boiling, two tablespoonfuls of prepared rennet, off a piece that has been soaked in water; sugar to taste; stir the rennet into the milk; let stand until cool, then strain.

EGG LEMONADE—White of one egg, one tablespoonful sugar, juice one lemon, one glassful water. Beat together. Good for inflammation of lungs, stomach or bowels.

GUM ARABIC WATER—One teaspoonful gum arabic, one goblet cold water; let stand until it dissolves and flavor to suit with any fruit juice.

OAT MEAL TEA—Two tablespoonfuls oat meal to one quart cold water; let stand two hours in cool place, then drain off as it is wanted. Good for convalescents.

TOAST WATER—Toast slowly a thin piece of bread until it is extremely brown and hard, but not black; put in a bowl of cold water and cover tightly. Let stand one hour before using.

SAGO MILK—Three tablespoonfuls sago soaked in a cupful cold water one hour; add three cupfuls boiling milk; simmer slowly half an hour; eat warm. Tapioca milk is made the same way.

FLAX SEED LEMONADE—Two tablespoonfuls whole flax seed to one pint boiling water. Let stand until cool; strain; add juice two lemons, two tablespoonfuls honey.

BEEF TEA—One pound lean beef, cut into small pieces; put into a bottle without a drop of water; heat gradually to a boil and continue boiling steadily for four hours. When the meat is rags the juice is out; salt to taste. Beef tea

does not afford as much nutrition as people have been led to believe. It is readily taken up by absorption and is desirable where a mild stimulant is required. Notwithstanding it has been repeatedly shown that beef tea is not a food, the laity, and to a considerable extent, the profession, are slow to be convinced. That patients fed on beef tea slowly starve, is a fact which the analysis only too conclusively proves and which is sustained by accurate clinical observation. Beef tea, most carefully prepared, says Dr. Neal in a medical journal (Nov. 1881), does not contain, including alkaline salts, more than from 1.5 to 2.25 per cent solid matter. As a stimulant, beef tea may be and often is highly serviceable, but as a means of support during the exhausting drain of a long illness, it does not compare in nutritive value to milk. Dr. Lander Brunton raises the question whether beef tea, a product of muscular waste, may not, under some circumstances, be actually poisonous.

MEDICAL NEWS.

CORN TEA—Parch common corn until browned through; grind and pour boiling water over; drink with or without cream. Fine for cases of vomiting and diarrhoea.

CORN MEAL GRUEL—One tablespoonful finely sifted corn meal wet in cold water. Have one quart boiling water in a pan; dip a spoonful of this cold batter into the water; stir; let it boil up and add another spoonful and so on until the gruel is of the right consistency. Let boil briskly twenty minutes or more. Salt to taste. Graham gruel is made the same way.

MILK PORRIDGE—One and one-half table-

spoonfuls flour wet to a paste, stirred into a quart of boiling milk; salt to taste.

BAKED MILK—Put one-half gallon milk in a jar and tie over it writing paper. Let stand in a moderate oven eight or ten hours. It will then be like cream and is good for consumptives.

CHICKEN BROTH—In one quart of water boil the dark meat of one-half chicken with one table-spoonful rice or barley. Skim off the fat. Use as soon as the rice is well done. Serve few narrow strips toast with it. MRS. Z. L. WARD.

PANADA.

Take a slice of wheat bread, toast to a nice brown; break into fragments; sprinkle over it one teaspoonful ground cinnamon or nutmeg. Pour over enough boiling water to cover it; add sugar to taste. Some add a flavor of wine or brandy, but it is just as well without.

TOAST.

Brown a slice of wheat bread before the fire on both sides; put in a platter; pour boiling water over it to make soft; butter; put in oven until butter is melted; remove and put rich whipped cream over; serve while hot.

GRUEL.

Mix two tablespoonfuls corn meal and one of flour with cold water, to make a thick batter; if licked thick, stir it into one pint boiling water (if wanted thinner, add more water or milk); season with salt and pepper to taste; boil eight

or ten minutes; take from fire; add a piece of butter size of a walnut, pour over toast or serve in cup.

RICE CAKE.

Beat the yolks of fifteen eggs for one-half hour; mix well with ten ounces of fine sifted sugar; one-half pound rice, ground; orange flower water; rind two lemons grated; add whites seven eggs. Stir well, put in a hoop; bake one-half hour in a quick oven.

RICE OMELET.

2 cupfuls boiled rice,
1 cupful sweet milk,
2 eggs.

Stir together with egg beater; put into a buttered skillet; cook slowly ten minutes, stirring frequently.

RICE AND RAISINS.

3 cupfuls boiling water,
1 cupful sweet milk,
1 cupful rice,
 $\frac{1}{2}$ cupful raisins.
Mix and cook in double boiler.

TO COOK EGGS IN THE SHELL.

An egg should never be boiled; place in boiling water, set on back of stove for ten minutes; it will cook to perfection.

CHICKEN PANADA.

Cut up a chicken; boil slowly in water until done; remove skin; cut off white meat (remove fat, if any); pound it to a smooth paste with the water it was boiled in. When quite smooth, salt to taste, add a little lemon peel, boil gently for a few minutes; add water that it was cooked in to get the right consistency. Stir all the time.

BEEF TOAST.

Cut one-half pound of lean, juicy beef in slices one-half inch thick; lay them on a very hot frying pan, free from grease. When they are heated through squeeze juice from them with a lemon squeezer; pour over toast and serve while hot. Do not butter toast.

EGG BROTH.

1 egg well beaten,
½ teaspoonful white sugar,
1 pint boiling water,
Salt to suit.

Beat egg and sugar together; pour boiling water in, stirring to prevent curdling; add salt and serve hot. Good in extreme exhaustion.

ORANGE FOOL.

3 oranges,
3 eggs,
Sugar to suit,
1 pint cream.

Mix all together; heat but do not boil; allow to become thick. Serve cold.

RAW BEEF JUICE.

Take one pound sirloin beef; warm it in a broiler before a quick fire; cut into cubes of about one-fourth of an inch; place in a lemon squeezer, pressing the juice out; remove the fat that arises to the surface after cooling. Never cook the meat.

JUNKET.

Treat a pint of milk as in preparing whey. Serve the curd with cream and sugar. Add spices if wanted.

LIME WATER.

Take a piece of unslacked lime the size of a walnut in two quarts of filtered water in a stone vessel; stir well; allow to settle. Use only from top.

BARLEY JELLY.

Put two teaspoonfuls washed pearl barley into a quart saucepan with one and one-half pints water; boil slowly down to one pint; strain and allow liquid to set into a jelly. Season to taste.

MILK RELISH.

1 egg,
 $\frac{1}{2}$ pint milk,
Salt,

The white of egg beaten to a foam; add milk and flavor to suit.

WHEY.

Heat one pint of milk as hot as can be borne in the mouth; add, with gentle stirring, two teaspoonfuls of Fairchild's essence of pepsin; let stand until coagulated; beat with a fork, dividing curd; strain.

FLOUR BALL.

Take one pound wheat flour, tie it up very tightly in bag and place in a saucepan of water; boil ten hours; when cool remove cloth and cut away soft outer covering dough; grate the interior for use. To prepare, stir into milk or other liquid gradually while boiling.

GRAPE JUICE.

Stem the grapes; with just enough water to prevent scorching; heat through; stir often; strain through bag and squeeze. To three cupfuls juice add one cupful water, one cupful sugar and boil five minutes; bottle immediately. Use new corks.

ORANGEADE.

1 orange,
1½ teaspoonful sugar,
Cold water.

Squeeze juice of orange into a tumbler, add sugar; fill tumbler with water and ice.

MILK FOOD.

½ pint freshly made whey,

2 tablespoonfuls fresh cream,
½ teaspoonful sugar of milk.

Warm whey a very little above blood heat; add cream and sugar; stir until sugar is dissolved. Fine for babies. Can be given from a nursing bottle.

MINCED CHICKEN.

The breast of a chicken stewed; minced fine with one-half cupful broth, one-half cupful cream mixed. Heat and use as desired. Fine poured over toast or crackers; good for fever patient.

SNOW CREAM.

The pulp of six stewed apples; beat. When cold, add the whites of six eggs. Beat to a froth; four ounces sugar; beat all together until it becomes stiff. Serve.

BROWNEED RICE.

Spread a cupful rice on a shallow baking pan and put into a moderately hot oven to brown. It will need to be stirred frequently to prevent burning and to secure a uniform color. Each rice kernel, when sufficiently browned, should be of a yellowish brown, about the color of ripe wheat. The rice should be well washed and dried tolerably dry before going into the oven to brown. Use one and one-half cupfuls of water to each cupful browned rice (never stir rice after it has boiled, as it breaks the grain and makes it mushy.) Use browned rice the same as unbrowned; it cooks easier; is good boiled or steamed, served with cream or butter, and is nice in soups; makes

a dainty dish for a sick person and is more easily digested than the unbrowned. A painful may be browned and put away for use.

MRS. Z. L. WARD.

CRACKER AND WINE.

1 soda cracker, toasted,

Turn over it two-thirds teacupful boiling water, two tablespoonfuls sweet wine. Sweeten to taste. This can sometimes be retained on the stomach when nothing else can.

Meals Without Meat.

MRS. AMOS HARRIS.

No flocks that range the valley tree,
To slaughter I condemn;
Taught by the power that pities me,
I learn to pity them;
But from the mountain's grassy side
A guiltless feast I bring;
A scrip with herbs and fruits supplied,
And water from the spring.

—GOLDSMITH

By all that is sacred in our hopes for the human race, I conjure those who love happiness and truth to give a fair trial to the vegetable system.—SHELLEY.

* * * * * The growth of Vegetarianism in the United States is gradual, but persistent.”—*Ex.* And *The Raisin Center Cook Book* would not be up to modern requirements without a department devoted to meatless dishes. Meat is not a necessity, so it is not necessary to have anything to take its place; but since we are in the habit of thinking that a meal is incomplete without meat, we find it easier to drop into “the better way,” if the platter is filled with something that looks like meat. So you will find in this department a few recipes for something to fill the platter which should be accompanied by soup, vegetables, side dishes, relishes and dainty desserts, usually served with a meat dinner, the recipes for which will be found in the other departments of the cook book. But do not discard

meat and attempt to live on white bread, butter, tea and crackers. If you do you will soon find yourself all run down and think, at once, that you must go back to a meat diet to regain your strength. If, on the contrary, you desire to give it a fair trial, go about it understandingly and have your store closet filled with such things as will supply the needs of the body. It has been conclusively proved by actual experiment that the same food values can be obtained from nuts and fruits as from a meat diet, as a study of the table of food values will show. Professor Atwater, in his report to the Agricultural Department, says: "There is a general awakening to the needs of dietary improvement, but in order to bring this about experts are required. These should not be mere cooks, or even chefs, but persons of thorough scientific and practical training. The calling is especially adapted to women who have the natural gifts and opportunities to secure the necessary education." Each house mother, then, must be her own judge; whether she will stick to the old ways, with their burden of work, worry and ill health, or open her eyes to modern scientific discoveries.

Something for the Platter.

Here is a formula which can be varied indefinitely, using apples or vegetables in place of nuts:

NUT CROQUETTES.

1 cupful thinly sliced walnut meats (or any nuts preferred).

1 cupful bread crumbs,
 1 cupful milk,
 1 egg,
 1 spoonful butter,
 1 spoonful olive oil (Gower's),
 $\frac{1}{2}$ spoonful whole wheat flour,
 $\frac{1}{2}$ teaspoonful sugar,
 Salt and pepper to taste.

Put butter and oil in the saucepan, stir in the flour and cook until slightly brown; then add the bread crumbs, with sugar, salt and pepper; then the milk, stirring constantly. Remove from the stove; add the nuts and last, the well beaten egg, mixing all thoroughly together. Make into balls of any desired size or shape, dip in egg batter, roll in bread crumbs and fry in hot olive oil (Gower's). Have two or three bananas peeled and cut in thirds, or apples cut in eighths, dip in batter and fry in the same oil. Arrange on hot platter with croquettes in center and bananas or apples around the edge. ELIZABETH.

WALNUT ROAST, MUSHROOM SAUCE.

1 cupful finely minced walnuts,
 1 cupful strained tomatoes,
 1 cupful whole wheat bread crumbs,
 1 teaspoonful finely minced onions,
 $\frac{1}{2}$ teaspoonful majorum or thyme,
 Salt to taste.

Thoroughly blend; add one well beaten egg. Bake forty minutes in buttered pan; basting with melted butter and hot water.

MUSHROOM SAUCE.—

Take a half dozen mushrooms, wash, peel and cut off stems as far as frill (or use the French canned); put them in a saucepan with two table-

spoonfuls butter; salt and pepper. Let them simmer for ten minutes then stir in a tablespoonful flower and add slowly two cupfuls boiling milk or milk and water; cook 10 minutes; serve with roast.

APPLE SNOW.

Grate three nice, mellow eating apples; beat the whites of three eggs, adding three tablespoonfuls sugar; whip all together. Serve in individual glasses, with candied fruit on top.

GRACE A. KIERSTEAD.

VEGETABLE POT PIE.

(For a Family of Six.)

Put a good sized lump of butter or two tablespoonfuls Gower's olive oil into the pot; when it is hot put in a finely minced onion and let it fry for fifteen or twenty minutes; don't let it scorch the least bit, but just turn a delicate brown; pour in three pints of boiling water; add salt and pepper to taste. Have ready two carrots cut in quarters lengthwise, three parsnips cut in quarters lengthwise and six potatoes cut into pieces crosswise. Put in your carrots first, then your parsnips; when they have boiled fifteen minutes, add your potatoes, and on top of all your dumplings. (Recipe for Dumplings—Two cupfuls flour, two teaspoonfuls baking powder and a good pinch salt, sifted together, wet with sufficient milk to make a stiff dough.) Cover closely and keep the pot boiling for half an hour; then it will be ready to dish up on the platter (have the platter hot so as not to sodden the dumplings). Take out the dumplings carefully with fork and spoon, and around them arrange the vegetables. To the water in the pot add a heaping table-

spoonful flour rubbed smooth in a cupful of milk, and stir until it boils up; now put in another lump of butter and your gravy is ready to dish.

VEGETABLE ROAST.

1 cupful whole wheat flour,
 ½ cupful olive oil (Gower's),
 2 cupfuls water,
 1 carrot, 2 parsnips, 1 potato, all previously
 cooked.

Mix oil and flour; place over the fire and stir until well browned; add water; stir until smooth and well cooked. Remove from the fire; add salt and pepper to taste and your chopped vegetables with a little grated onion. This mixture should be the consistency of stiff mush. Put two-thirds of this mixture in a baking dish, and with a spoon spread it over the bottom and half way up the sides; have ready a dressing of bread crumbs, such as you use for turkey or meat roast; pour this into your baking dish and cover by spreading the other third of the mixture over top, making it meet neatly the under part. Bake forty-five minutes. Baste with browned flour and water and butter.

GRAVY FOR ROAST,—

Put one spoonful of butter and two of olive oil in a skillet; when hot add a heaping tablespoonful flour; stir until it becomes a golden brown, then add one and one-half pints boiling water; stir continually and boil five minutes. Season with salt, pepper and a little onion juice.

NUT LOAF.

To two cupfuls dry bread crumb add a table-

spoonful minced parsley, teaspoonful salt, one-half teaspoonful crumbled sage leaves, one-fourth teaspoonful black pepper, sprinkle of red pepper, little summer savory, one-half pint finely cut celery, one sour apple cut fine; then melt one-third pound of butter in saucepan and fry in this until slightly brown a tablespoonful finely minced onion; pour this over the crumbs and mix well. Now beat three eggs into a pint of milk and pour over the buttered crumbs and let stand ten minutes. Prepare two cupfuls nuts of such varieties as you have, put them through the grinder and add them to the bread crumbs. Now mix thoroughly and form into a loaf; put into a buttered dripping pan and bake for an hour and a half in a moderate oven, basting frequently with hot water and butter. When done it should be an even delicate brown. Make a gravy as for meat roast in the dripping pan after the loaf is removed.

IONE BROWN.

VEGETARIAN THANKSGIVING DINNER.

Celery Soup	Nut Butter Sandwiches
Olives	Salted Almonds
Lentil Cutlets, with Tomato Sauce	
Rice Croquettes, with Currant Jelly	
Vegetable Turkey, Brown Gravy	
Cranberry Jelly	
Nuttose Timbales, Mushroom Sauce	
Mashed Potatoes	Baked Squash
Grape Sherbet	Fruit Salad
Granose Biscuit	Almond Butter
Pumpkin Pudding	Lemon Pie
White Fruit Cake	
Nuts	Fruit
	Coffee

VEGETABLE TURKEY, NO. 1.

Boil one pound chestnuts until tender, remove the shells, add a teaspoonful salt and a pinch thyme, and mix thoroughly. Boil together a large turnip, one carrot, two large potatoes, two stalks celery, three pepper corns and two cloves. When the vegetables are tender, drain through a colander; add chestnuts; mash all together, adding two tablespoonfuls each of butter and cream. Salt to taste, place in a buttered mould, in a hot oven; heat thoroughly and serve on a meat platter, garnished with slices of lemon and sprigs of parsley.

VEGETABLE TURKEY, NO. 2.

Boil a large egg plant until tender; peel it, mash it smooth, season with salt and pepper, add a tablespoonful butter and a pound of chestnuts prepared as above, also two hard boiled eggs chopped fine, half an onion chopped, and a cupful fine bread crumbs. Mix well, pack closely in a buttered dish; heat thoroughly in a hot oven and serve on a platter garnished with sliced tomatoes.

LENTIL CUTLETS.

Soak a cupful lentils over night in cold water. In the morning drain off this water and let the lentils cook very slowly till tender; drain through colander; add pint chestnuts prepared as for the turkey, but without the thyme. Add three tablespoonfuls of butter, half a cupful milk and salt and pepper to taste. Mix well and pour into individual serving dishes. Serve hot, with a little

whipped white of an egg on top. In making vegetarian substitutes for meats chestnuts should always be used, since they have a distinctly meaty flavor in conjunction with vegetables.

NUTTOSE TIMBALES.

Boil large-sized macaroni in salted water until tender. When cold cut it into inch bits and mix with prepared chestnuts, then with a sauce made of one tablespoonful each of butter and flour, half a cupful of milk, and salt and pepper to taste. Just before removing the sauce from the fire, add three well beaten eggs. Mix with the prepared nuttose and pour into a well buttered mould. Place this in a pan of hot water and let it stand in a slow oven for twenty minutes. Serve the timbales on a round dish garnished with cress and mushrooms.

NUT BUTTER.

Take half a pound of roasted peanuts, ground or chopped, one ounce of blanched and dried almonds, half a pound of pecans, and half a pound pine nuts. Add six ripe bananas, sliced; pack closely into a mould and let steam for one hour. Allow the mixture to cool before turning it out of the mould. It is delicious spread between sandwiches, or served in slices with mayonaisse dressing.

MRS. E. TURNER.

RAISINA PASTE.

Equal parts seeded raisins and dried figs. Carefully wash the dried figs, and with the scissors clip off the stem end; run them through the

handmill, alternating a handful of figs with a handful of raisins, which is an easy way of mixing them together. Now roll into a ball and from the mass, with a wet spoon, cut out pieces one-half size of a walnut, roll them in almond crumbs and dry on plates in the sun for half a day and they are ready to store in jars for every day use. This paste can be varied by using dried apples instead of figs and bread crumbs instead of almonds.

CROUTONS.

Cut stale bread into one-half inch dice and dry in oven. When wanted for use pour in hot butter or olive oil (Gower's).

TO PREPARE BREAD CRUMBS.

Put the broken pieces, heels, etc. into dripping pan, put in drying oven and leave until thoroughly dry and slightly brown. (This turns the flour into wheat farina, giving it a nutty flavor and making it more digestible.) Now run through the "grinder" and store away in covered jars for future use.

TO BLANCH ALMONDS.

Shell, pour boiling water over them, cover and let stand five minutes; pour off the hot water and dash on cold, drain and you will have no trouble in removing the skin by rubbing between the thumb and finger.

ALMONDS FRIED IN OLIVE OIL.

Shell, but do not blanch the almonds, put two tablespoonfuls olive oil (Gower's) into your fry-

ing pan; when it is hot put in a cupful almonds. You must be very careful about burning as the least scorch will destroy the delicate flavor. Stir constantly for five or seven minutes, then while hot drain off the oil and sprinkle with salt. The oil drained off can be used in soups or stews. Almond crumbs can be made by grinding fried almonds.

A Word About Soups Without Meat.

Soup without meat requires far less time for cooking. It can be added to the dinner at only a few minutes notice, and when rightly made is so delicious as to become its own excuse for being. Here is a formula for

SOUP STOCK WITHOUT MEAT.

Put in a frying pan one tablespoonful butter and one tablespoonful olive oil (Gower's); when warm add two tablespoonfuls finely minced onion; when the onion is cooked until slightly yellow stir in one spoonful of flour, continue to stir and cook for five minutes, then add slowly a pint boiling water; now to this add your prepared tomatoes, celery, split pea or whatever you may have planned. When sufficiently cooked put all through a fine sieve, return to the fire, add boiling milk or cream. Serve hot with freshly panned croutons or crackers.

Medicinal Properties of Vegetables.

Diet instead of drugs is becoming a more and more popular method of medication as we become

more aware of the beneficial effects of the various plants and fruit on the system, and it is certainly far more agreeable to eat a fine ripe orange or peach than to take a dose of blue mass or fill our system with calomel. A late issue of "What to Eat" says that if people understood the medicinal values of the foods they would use them more for physical ills and the doctors would have to go to something else for a living. For instance, spinach and dandelion are good for kidney trouble; celery is good for rheumatism, nervous diseases and dyspepsia; lettuce and cucumbers cool the system, and the former is good for insomnia.

ASPARAGUS—If you want to prespire freely, to relieve the system of impurities, try asparagus.

ONION—There is nothing, medicinally speaking, so useful as the poor and humble onion. They are almost the best nervine known and may be used in coughs, colds and grippe, in consumption, scurvy and kindred diseases. White onions overcome sleeplessness, while red ones are an excellent diuretic. Eaten every day they soon have a whitening effect on the complexion.

CRANBERRIES—For malaria and erysipelas nothing is better than cranberries.

CARROTS, ETC.—Fresh carrots and yellow turnips are good for scurvy. Carrots for asthma, watermelon for epilepsy and yellow fever, lemons for feverish thirst in biliousness, low fevers, rheumatism, coughs colds and liver complaints.

EGGS—Eggs beaten up raw with sugar are used to clear and strengthen the voice, while with lemon and sugar the beaten white of an egg may be used to relieve hoarseness.

EXCHANGE.

POPPED CORN—A diet of popped corn and fruit is said to be a panacea for many bodily ills.

RICE—It is claimed that a diet of rice for one month will cure Bright's disease.

A Valuable Treatise Necessarily Omitted.

We have a short treatise on "The Nutritive Values of Fruits and Nuts," kindly prepared for this department by Prof. Joffa, Assistant Professor of Agriculture, University of California, but which we are obliged to omit for lack of space. About the time it was received we were notified by our publishers that the copy on hand already exceeded the contract number of pages for Cook Book. We still had several departments to provide for, which must be condensed into the smallest possible space, and as the department of "Meals Without Meat" came last the cut fell heaviest upon it, much to the regret of the committee. We have found space, however, for a few extracts from this valuable paper: "In the Vegetable Kingdom there are foods rich in the different ingredients requisite for the proper nourishment of the body, among these are fruits and nuts." In the nine dietary studies, and thirty-one digestive experiments carried on at the University, fruit and nuts constituted all or almost all the diet. "The result of these investigations," says Prof. Joffa, "emphasize the fact that both fruit and nuts should be considered as TRUE FOODS, rather than food accessories, a fact commonly overlooked." For full information regarding these Dietary Studies Prof. Joffa refers us to U. S. Dept. Agr., Office Ex. Stas. Buls. 21-29-31-35-37-38-39-40; Farmers' Bul. 142; Cal. Sta. Bul. 110.

Comparative Table of Food Values.*

	Refuse, per cent.	Water, per cent.	Protein, per cent.	Fat, per cent.	Carbohyd- rates, per ct.	Ash, per cent.	Fuel, val. per lb. Calories.
FRUITS—							
Grapes.....	25.0	58.0	1.0	1.2	14.4	0.4	295
Raisins, dried.....	10.0	13.1	2.3	3.0	68.5	3.1	1265
Lemons.....	30.0	62.5	0.7	0.5	5.9	0.4	125
Oranges.....	27.0	63.4	0.6	0.1	8.5	0.4	150
Pears.....	10.0	76.0	0.5	0.4	12.7	0.4	230
Raspberries.....	85.8	1.0	12.6	0.6	220
Strawberries.....	5.0	85.9	0.9	0.6	7.0	0.6	150
Apricots, dried.....	29.4	4.7	1.0	62.5	2.4	1125
Dates, dried.....	10.0	13.8	1.9	2.5	70.6	1.2	1275
Figs, dried.....	18.8	4.3	0.3	74.2	2.4	1280
Watermelons.....	59.4	37.5	0.2	0.1	2.7	0.1	50
Tomatoes.....	94.3	0.9	0.4	3.9	0.5	100
NUTS—							
Almonds.....	45.0	2.7	11.5	30.2	9.5	1.1	1515
Brazil Nuts.....	49.6	2.6	8.6	33.7	3.5	2.0	1485
Butternuts.....	86.4	0.6	3.8	8.3	0.5	0.4	385
Filberts.....	52.1	1.8	7.5	31.3	6.2	1.1	1430
Hickory Nuts.....	62.2	1.4	5.8	25.5	4.3	0.8	1145
Pecans.....	53.2	1.4	5.2	33.3	6.2	0.7	1465
Pinon (<i>Pinus edulis</i>)....	40.6	2.0	8.7	36.8	10.2	1.7	1730
Walnuts, Black.....	74.1	0.6	7.2	14.6	3.0	0.5	730
English Walnuts.....	58.1	1.0	6.9	26.6	6.8	0.6	1250
GRAINS—							
Whole wheat flour.....	11.4	13.8	1.9	71.9	1.0	1650
Graham Flour.....	11.3	13.3	2.2	71.4	1.8	1645
Wheat Flour, high-grade.....	12.0	11.4	1.0	75.1	0.5	1635
Wheat Flour, low-grade.....	12.0	14.0	1.9	71.2	0.9	1640
Buckwheat Flour.....	13.6	6.4	1.2	77.9	0.9	1605
Rye Flour.....	12.9	6.8	0.9	78.7	0.7	1620
Corn Meal.....	12.5	9.2	1.9	75.4	1.0	1635
Wheat Breakfast Food.....	9.6	12.1	1.8	75.2	1.3	1680
Oat Breakfast Food.....	7.7	16.7	7.3	66.2	2.1	1800
LEGUMES—							
Beans, dried.....	12.6	22.5	1.8	59.6	3.5	1520
Peas, dried.....	9.5	24.6	1.0	62.0	2.9	1565
SUGARS—							
Molasses.....	70.0	1225
Candy, plain.....	96.0	1680
Honey.....	81.0	1420
Sugar, granulated.....	100.0	1750
Maple Syrup.....	71.4	1250
MISCELLANEOUS—							
Chestnuts.....	16.0	37.8	5.2	4.5	35.4	1.1	915

*From Farmers' Bulletin, No. 142, U. S. Dept. of Agriculture.

Uncooked Food.

By permission, the following is taken from "Solution of the Kitchen Problem," published by E. W. Conable, the great exponent of uncooked food. "The second step in the race upward, and in the line of physical and mental unfoldment, is found in what is known as the Uncooked Food Diet—a diet composed entirely of uncooked foods, consisting of nuts, fruits, cereals and vegetables that are suitable for consumption without being cooked, milk, butter, vegetable oils, etc."

FORMULAS.

The following formulas are given for each of the seven days in the week, and they contemplate only two meals each day. Those who prefer to add or continue the morning meal (this one being omitted in giving these formulas) can do so. With the large amount of general information here given, it will not be difficult to prepare any number of meals.

SUNDAY—FIRST MEAL—NOON.

FRUIT—Oranges. Nut loaf made in this way: Take one-half cupful ground almonds, one tablespoonful English walnuts—pounded coarse—one tablespoonful rolled oats—mix the whole together and moisten with sweet milk or water; season with celery salt and just a little pepper; let stand one-half hour in the sun; garnish with fresh green parsley and serve with thin slices of lemon.

BANANA PUREE—Take four large bananas, mash fine; put through a wire sieve; mix with one pint sweet milk and one cup whipped cream.

LETTUCE SALAD—Cut fine two cupfuls lettuce and two small onions; pour over it a dressing made by mixing one-half teaspoonful ground mustard, just a speck of red pepper, with one-half teaspoonful lemon juice. Then mix all with one-fourth cupful Italian or California olive oil and beat two minutes.

VEGETABLES—Green peas, young and fresh from the vines, served with sliced ripe tomatoes and seasoned with a little celery salt and pepper.

SECOND MEAL.

For the second meal on the first day, a nice dish of raspberries and a bowl of rolled wheat with milk or cream is ample.

MONDAY—FIRST MEAL.

FRUIT—Purple grapes.

NUTS—Almonds, shelled.

VEGETABLES—Cucumbers fresh from the vines, peeled and cut in halves or quarters.

SALAD—Make a salad by cutting fine three cupfuls spinach, three onions and two or three sprigs of parsley and thyme. Pour over it dressing made as above.

DESSERT—Two tablespoonfuls flaked rice, one tablespoonful cream of wheat, mix together and slice one banana finely and lay over the top. Pour over this sufficient milk or cream to suit taste. Here you have a dish that is at once wholesome

and delicious.

SECOND MEAL.

A bowl of rolled oats with milk or cream, with plenty of dates or figs.

TUESDAY—FIRST MEAL.

FRUIT—Peaches.

NUTS—English walnuts.

NUT PUREE—Mix one cupful ground almonds, one-half cupful ground English walnuts and one banana with one quart sweet milk and let stand one-half hour.

SALAD—One cupful lettuce, one cupful spinach, one-fourth cupful white potatoes, one-fourth cupful carrots, two or three small onions and one cucumber. Chop all together fine and pour over it salad dressing already given.

VEGETABLES—Small onions and radishes.

SECOND MEAL.

Cracked wheat soaked one-half hour in plenty of milk and eaten with the milk in which it was soaked.

WEDNESDAY—FIRST MEAL.

FRUIT—Bananas.

MAIN DISH—One can best sliced pineapple or one fresh pineapple sliced, one cupful each almonds and English walnuts mixed and pounded coarse, two cupfulls rolled wheat. Place in the dish first a layer of pineapple, one of wheat then

a layer of nuts and so on until the dish is filled.

SALAD—One cupful celery, one small onion, both chopped fine and mixed with one-half cupful English walnuts pounded coarse. Pour over same salad dressing.

VEGETABLES—Fresh, ripe tomatoes, sliced.

SECOND MEAL-

FRUIT—Bananas and raisins.

THURSDAY—FIRST MEAL.

FRUIT—Apples.

NUTS—Mixed nuts, shelled.

SALAD—One cupful lettuce, one cupful cabbage, one small onion, one apple, all chopped fine; season with celery salt, a tiny speck of red pepper and lemon juice. Pour over it whipped cream.

VEGETABLES—Celery and fresh cucumbers.

DESSERT—Seeded raisins with whipped cream.

SECOND MEAL.

Flaked rice with milk and cream, and figs.

FRIDAY—FIRST MEAL.

FRUIT—Cherries.

MAIN DISH—Two cupfuls flaked rice, one cupful rolled wheat, four cupfuls dark sweet cherries pitted. Place in a dish a layer of cherries, then the mixed grain and so on until the dish is filled. Pour over it the juice from two cupfuls cherries.

SALAD—One cupful asparagus, one cupful cauliflower, one cupful celery, one-half cupful tomatoes, one small onion, all chopped fine. Pour over it dressing as before.

VEGETABLES—Sliced cucumbers and onions.

DESSERT—Equal parts grated cocoanuts and flaked rice, served with milk or whipped cream.

SECOND MEAL.

Rolled wheat with milk or cream; bananas.

SATURDAY—FIRST MEAL.

FRUIT—Pears.

MAIN DISH—Sliced plums, sliced peaches, sliced pears, sliced apples. Mix all together; place in dish layer of fruit and then layer of rolled wheat, and so on until dish is filled.

SALAD—Take any fruit desirable, chop it fine, pour over it a dressing made of whipped cream, seasoned with lemon juice, a little celery salt and small bit of red pepper. A few raisins chopped fine and beat up with the cream adds to the delicacy of the flavor.

VEGETABLES—Sliced tomatoes, cucumbers.

SECOND MEAL.

Equal parts rolled wheat, rolled oats and flaked rice, served with milk or whipped cream.

The foregoing formulas serve simply as a hint to the housekeeper as to possibilities before her.

This is the hour for woman to grasp her opportunity. Her days of slavery are at an end, if she so elects.

Health Department.

“There is no excuse for invalidism,
Go into training, breath deeply, eat little and well, think right and be well.”

“It is a disgrace in this enlightened age to be sickly and delicate.”
ELLA WHEELER WILCOX.

Learn the art of caring for the house you live in, not only the house that is built by hands, and shared with family and friends, but your soul house that is builded by thought. Think of the food you eat, not only as something that tastes good; not as something merely to gratify the appetite, but as something to build the body and keep it in repair. To keep these bodies in the best possible trim one must not only eat right, but breathe right, sleep right, and most important of all, THINK right and take systematic exercise. Dr. Peebles says: “All individuals are to a certain extent artists, painting their habits, thoughts and general conduct on their faces. Jealousy, envy, selfishness, dissatisfaction, an irritable disposition all print crows’ feet indentations in the corners of the eyes, darken the shadows, deepen the wrinkles, draw down the corners of the mouth and sharpen the features. Candor, integrity and cheerfulness exert the reverse influences. Don’t indulge in or listen to neighborhood gossip. If you have ill feelings toward a neighbor do them a kindness. The exercise of love and good will conduce to health and make earth a heaven now and here.”

BREATHING, BATHING AND EXERCISE.

Regular cold baths each morning, in pure water right from the well or hydrant—or spring is

better if you have one—with at least two hot baths at night each week just before retiring for cleansing purposes (always using vegetable oil soap), are necessary to health and strength and happiness. It is impossible to radiate Sunshine when the pores of the body are clogged up with decaying matter, struggling to find an outlet in advance of the Sunshine. And deep breathing is also always necessary as a nerve stimulant and tonic for every portion of the body. That we may experience the full benefits of proper breathing we should always sleep in a room with the windows wide open and where there is perfect ventilation, always using as little clothing as possible and that of a light nature. Light exercise—never violent—should find favor with everyone. They are necessary to a healthful, vigorous body and mentality. The great bulk of all exercise should consist of tensing and relaxing the muscles. The point is to tense all the muscles of the various portions of the body to the fullest extent of the physical ability for a few seconds and then allow them to relax until they give the sensation of being perfectly limp. But first, before tensing, you must take in a deep breath and hold it until you get ready to relax, then exhale slowly. You also carry the thoughts to the center of the muscles being tensed. But of course one cannot tense ALL the muscles of the body at one and the same time. Take the legs, for instance, first. Stand erect and tense all the muscles in the ankles, the calves, the knees and thighs. Keep them tensed for a few seconds and then relax. Repeat this for a half dozen times. Now stand erect with the head high up and well back and tense all the muscles of the waist, the chest and the back. Repeat six times,

relaxing fully after each tensing motion. Now throw the head clear back and tense all the muscles of the neck. Beautifully shaped necks can be produced by this exercise. Now stretch the arms out, close the hands tightly and tense the muscles of the hands, the fingers, the wrists and the forearms. Repeat six times. Now hold the arms out straight, bending them at the elbows until the lower arms are perpendicular, hands open—tense all the muscles of the shoulders and biceps, gradually bringing the hands over until the fingers touch the shoulders. You also tense the muscles of the chest in this exercise. Repeat six times. Just before retiring is a good time to take these exercises.

“SOLUTION OF KITCHEN PROBLEMS.”

WATER.

Water is one of the three life essentials, food and air being the other two, so it holds to reason that an intelligent use of water would promote health and longevity. Dr. Paul Edwards, than whom we have no higher authority in the care of the body, says: ‘How shall we drink? Well, here is my rule: ‘On arising each morning, I drink about two glasses of cold or hot water, which ever I desire, then at about ten o’clock I take two glasses more. Somewhere about three p. m. I take two more glasses, then on retiring at night, which is usually between nine and ten o’clock, I take as much more. The whole two glasses need not be taken at one draught but I manage to drink about two glasses near these hours.’ Water taken at these hours finds the stomach empty, and does not retard digestion. If one’s stomach is flooded with water when food is

present nature partly or wholly suspends digestion until the water is absorbed by the stomach walls. This delay in digestion causes gas to form, the food will often sour during its retention in the stomach, and we have an acid stomach which leads to facial neuralgia in many cases, and to other bodily disturbances. Nearly every person who neglects to drink water in sufficient quantity is constipated, has a withered skin, poor memory, shortage of blood (anaemia) and a host of other troubles. Remember that water is one of the three life essentials and must be intelligently considered. Drink water as far from meals as possible, and never drink iced water.

To Weigh Without Scales.

2 Tablespoonfuls Butter	1 ounce
4 Tablespoonfuls Flour	1 ounce
1 Rounding Tablespoonful Sugar	1 ounce
Butter Size of an Egg	1½ ounce
1 Level Teacupful Butter	½ pound
1 Level Teacupful Sugar	½ pound
2⅔ Cupfuls Powdered Sugar	1 pound
1 Quart Sifted Flour	1 pound
2⅔ Cupfuls Brown Sugar	1 pound
9 Large Eggs	1 pound
12 Small Eggs	1 pound
1 Pint Milk or Water	1 pound

Our Advertisers.

We heartily commend to our friends and patrons our list of advertisers—we know them to be thoroughly reliable and worthy of your patronage.

Arcade Stables	Fresno
Wilkins & Wilkins	
Barrett-Hicks Co.....	Fresno
Hardware	
Brady & Co.....	Fowler
General Merchandise	
Barnett Sanitarium.....	Fresno
Cearley, C. T.....	Fresno
Book Store	
Chaddock & Co.	Fowler
Packing House	
Chamberlain, H. L.....	Fresno
Harness and Saddles	
Dexter Stables	Fresno
J. R. McKay	
Donahoo, Emmons & Co.....	Fresno
Hardware	
Einstein & Co., Louis	Fresno
Dry Goods	
Fancher Creek Nurseries....	Fresno
Plants and Trees	
Fowler Ensign.....	Fowler
Fowler's Local Paper	
Fresno Realty & Agency Co	Fresno
Truman G. Hart, President	

OUR ADVERTISERS

Fresno Agricultural Works.....	Fresno
Giffen's Pharmacy.....	Fowler
Roy Giffen	
Giffen & Co., L. F.....	Fowler
Packing House	
Gower, E.....	Fowler
Olive Oil	
Gregory & Co.....	Fresno
Automobiles	
Holland's.....	Fresno
China and Glassware	
Howard, L. D.....	Fowler
Painter and Paper Hanger	
Hoy Lee.....	Fowler
Chinese Supplies	
Lyon, W. Parker.....	Fresno
Furniture	
Lyons & Bowles.....	Fresno
Carriages and Harness	
Lyman, Frank.....	Fresno
Packing House	
Manley-Burnett Co.....	Fowler
General Merchandise	
Norton & Brunton.....	Fresno
Candy and Ice Cream	
Pacific Coast Seeded Raisin Co.....	Fresno
Poulson & Edwards.....	Fowler
Meat Market	
Restaurant.....	Fowler
G. B. Hamilton	
Saier, M.....	Fresno
Jewelry	
San Joaquin Drug Store.....	Fresno
Sperry Flour Co.....	Fresno
The Brunswick.....	Fresno
Nelson Bros	
The Pacific Fruit World.....	Los Angeles

OUR ADVERTISERS

Valley Lumber Co	Fowler
A. C. Palmer, Agent	
Walters, C. L.....	Fresno
Real Estate	
Williams Bros.....	Fowler
Carriage and Agricultural Works	
Williams, D. H.....	Fresno
Furniture	
Williams, Dr.....	Fresno
Scalp Treatment Specialist	
Young, Jordan	Fowler

Professional.

Cook, F. E	Fresno
Attorney	
Cockrill, Dr	Fresno
Dentist	
Crawford, Dr.....	Fowler
Physician	
Long, Dr.....	Fresno
Physician	
Morrison, Dr.....	Fowler
Physician	
Short, Frank H.....	Fresno
Attorney	
Thomas, Dr	Fresno
Dentist	
Wilson, Dr	Fowler
Physician	
Wolfe, Dr.....	Fresno
Dentist	

INDEX.

A

Almond Blanched	377
Almond Cakes	220
Almond Candy	347
Almond Cream	337
Almond Crusted Filling	218
Almond Fried in Olive Oil	377
Almond Sandwich	159
Almond Ice Cream	337
Amber Soup	32
Ambrosia	274
Ames Cake	186
Anchovy Sandwich	159
Apple and Brown Bread	255
Apple Boiled	317
Apple Canned	316
Apple Jelly	307
Apple Nut and Celery Salad	113
Apple Pie	283
Apple Preserved	321
Apple Pudding	256
Apple Snow	372
Apple Tea	359
Apricot Butter	312
Apricot Frozen	345
Apricot Ice Cream	334
Apricot Jelly	306
Apricot Marmalade	312
Artichokes	91
Artichokes Stuffed	158
Asparagus	92
Asparagus Soup	33
Asparagus Cream	92
Autumn Cake	207

B

Bacon, broiled lightly	87
Bacon, to cure	88
Bacon, scrambled	87
Baby Omelete	146
Bachelors Omelete	141
Ball Flour	366
Balls Veal	83
Baked Cabbage	95
Baked Corn	97
Baked Eggs	125
Baked Eggs in tomato cups	126

Baked Hash, Spanish	80
Baked Ice Cream	337
Baked Milk	362
Baked Potatoes	100 and 101
Baked Peppers	101
Baked Raisin Pudding	269
Baking Powder Biscuit	22
Banana Fritters	144
Barbery Tarts	284
Banana Cup	301
Barley Jelly	365
Beans and Olive Oil	93
Beans, Lima	92
Beans, Spanish	92
Beans, String	93
Beans, Mexican	93
Bean Soup	33
Bisque	336
Blackberry Jam	309
Blackberry Jelly	304
Blackberry Spiced	328
Black Pudding I	246
Black Pudding II	246
Blood Orange Sherbet	340
Breakfast Puffs	22
Broth, Scotch	85
Broth, Chicken	362
Broth, Egg	364
Brussels Sprouts	94
Brains	90
Buns, Shearing	28
Butter Scotch I	350
Butter Scotch II	350
Beverages	296

BREAD—

Boston Brown	17
Boston Steam	17
Boiled Brown	18
Brown	17
Corn	18
Corn Bread, soft	19
Corn Cake	19
Good light	13
Graham No. I	19
Graham No. II	19
Graham Yeast Bread	14

- | | | | |
|--------------------------------|-----|--------------------------------|-----|
| Egg | 22 | Dump | 198 |
| Raisin | 14 | Empress | 193 |
| Rice | 20 | Feather | 193 |
| Salt Rising | 14 | Fig | 184 |
| Salt, light | 15 | Five Cent No. 1 | 200 |
| Stotch | 21 | Five Cent No. 2 | 200 |
| Scalded | 21 | German Coffee Cake | 193 |
| Simple Graham | 20 | Gold | 195 |
| Steamed Brown | 21 | Good Plain Cake | 190 |
| Whole Wheat | 13 | Harrison Cake | 183 |
| Batter Bread | 22 | Hartford Election | 178 |
| Belgian Hare (smothered) | 68 | Hickory Nut | 203 |
| Belgian Hare (fried) | 67 | Imitation Pound | 192 |
| Bird (smothered) | 69 | Lady Cake | 196 |
| Biscuit (spoon) | 29 | Measure Fruit | 181 |
| BEEF— | | Mrs. Dewey's Sponge Cake | 201 |
| a la mode | 75 | No Egg Fruit Cake | 182 |
| Croquette Rice and Meat | 79 | Old Fashioned Cake | 203 |
| Beef Pie (cottage) | 78 | Plain Cake | 197 |
| Fillet of (Spanish) | 74 | Potato Cake | 189 |
| Loaf | 76 | Queen's Cake | 191 |
| Minced | 77 | Railroad Cake | 187 |
| Omelet | 78 | Raisin Cake | 184 |
| Pot Pie | 79 | Raisin Loaf | 184 |
| Steak Stuffed | 81 | Rice | 191 |
| To make tender | 82 | Rieh | 185 |
| Toast | 364 | Scotch Pound Cake | 185 |
| Tea | 360 | Scripture | 188 |
| Spiced | 82 | Silver | 195 |
| Raw Juice | 365 | Sour Cream Cake | 186 |
| | | Sponge Cake No. 1 | 186 |
| | | Sponge Cake No. 2 | 201 |
| | | Sponge Cake Our Grand- | |
| | | mothers used to make | 202 |
| | | Spreckles | 187 |
| | | Strawberry Short Cake | 199 |
| | | Tip Top | 188 |
| | | Tumbler Fruit Cake | 181 |
| | | Velvet Cake No. 1 | 193 |
| | | Velvet Cake No. 2 | 197 |
| | | Walnut | 202 |
| | | Water Sponge | 200 |
| | | Wedding | 179 |
| | | Wedding Fruit | 183 |
| | | Whist | 196 |
| | | White Cake No. 1 | 192 |
| | | White Cake No. 2 | 193 |
| | | White Cake No. 3 | 193 |
| | | White Fruit Cake | 180 |
| | | White Mountain No. 2 | 191 |
| | | White Mountain No. 1 | 190 |
| C | | | |
| Cabbage | 94 | | |
| Cabbage (baked) | 95 | | |
| CAKES | 178 | | |
| Ames | 186 | | |
| Angel | 202 | | |
| Barstow | 192 | | |
| Black Chocolate | 189 | | |
| Bread | 198 | | |
| Bride's | 179 | | |
| Buttermilk | 199 | | |
| Cake without eggs | 199 | | |
| Chocolate Nut | 203 | | |
| Citron Loaf | 188 | | |
| Clove | 188 | | |
| Cocoanut | 187 | | |
| Cold Water | 197 | | |
| Cream Sponge | 201 | | |
| Delicate | 190 | | |
| Delicious | 196 | | |

LAYER CAKES—

Autumn 207
 Banana 204
 Carmel 204
 Chocolate Nougat 212
 Cream 206
 Devil's Food No. 1 217
 Devil's Food No. 2 213
 Devil's Food No. 3 214
 Eggless Cake 219
 French Cream Cake 209
 German Pastry 208
 Gold Medal French Cream 215
 Jelly Rolls 208
 Layer Cake 205
 Lemon 214
 Minnehaha 207
 Mocha 207
 Nice Layer Cake 206
 Nut Cake 211
 Orange 217
 Raisin Cake 207
 Ribbon 205
 Walnut No. 1 210
 Walnut No. 2 211
 White Fruit Layer 210
 World's Fair Cake 210
 Tanglefoot Cakes 234
 Rice Cake 363

ICING—

Boiled Icing 216
 Chocolate No. 1 217
 Chocolate No. 2 217
 Colored 217
 Golden Frosting 217
 Milk Frosting 218
 Orange Frosting 217
 Plain Frosting 216

FILLING—

Almond Custard Filling 218
 Fig Filling 219
 Maple Caramel Filling 218

CANDY

Almond 347
 Brittle 349
 Butter Scotch No. 1 350
 Butter Scotch No. 2 350
 Chocolate Creams 348

Chocolate Caramels 352
 Chocolate Peppermints 357
 Coconut Creams 349
 Cream Candy No. 1 350
 Cream Candy No. 2 351
 Cream Chocolate Caramels 351
 Cream Dates 349
 Cream Taffy 351
 French Cream No. 1
 (cooked) 347
 French Cream No. 2
 (uncooked) 348
 Fudge No. 1 352
 Fudge No. 2 353
 Fudge No. 3 353
 Ice Cream Candy 356
 Maple Cream 353
 Molasses Candy No. 1 355
 Molasses Candy No. 2 355
 Molasses Taffy 355
 Panoche No. 1 354
 Panoche No. 2 354
 Persian Delight 354
 Popcorn Balls 356
 Pralines 354
 Walnut Caramels 352
 Candied Orange Peel 324
 Canned Apples 316
 Canned Pie Plant 316
 Canned Pine Apple 318
 Canned Plums 317
 Canned Pumpkin 316
 Canned Quinces 316
 Canned Raspberries 315
 Canned Strawberries 315
 Canned Tomatoes 317
 Canning 314
 Cantaloupe Frozen 344
 Capar Sauce 171
 Caramel Sauce
 Carrots 95
 Carrots, Creamed 95
 Carrots, French method 95
 Carrots Lyonnaise 96
 Carrots, Pickled 325
 Carrot Pudding 256
 Catsup, Grape
 Catsup, Tomato 328
 Cauliflower, Au Gratin 96
 Cauliflower, Escalloped 97
 Celery, Stewed 97

- Charlotte, Orange or Strawberry
berry 343
- Cheese, buns 145
- Cheese, buns 145
- Cheese, Cottage 146
- Cheese, 'Fonda 146
- Cheese, Straws 147
- Chess Pie 284
- CHICKEN—**
- With Asparagus 51
- Boned 54
- Broth 362
- Cream of 55
- Fricassee 59
- Fried Spring 59
- Italian 56
- Jelled 60
- Minced 367
- With Oysters 56
- Panada 364
- Pie No. I 57
- Pie No. II 58
- Pot Pie No. I 58
- Pot Pie No. 2 58
- Pressed No. I 60
- Pressed No. II 60
- Roast 61
- Roast with green peas ... 56
- Stew 56
- Stewed 6
- Chips, Pear 324
- CHOCOLATE—**
- Blanch Mange 274
- Cream 264
- Pie 286
- Drop Cakes 227
- Pie No. I 288
- Pie No. II 288
- Pudding, cold 273
- Chutney, Plum 327
- Cider Sauce 177
- Citron Loaf 188
- Clam Broth 147
- Cocoanut Kisses 227
- Cocoanut Pyramids 228
- COFFEE** 296
- Fig 296
- Frappe 333 and 341
- Iced 300
- Ice Cream 335
- Cold Jam 310
- Cold Slaw 112
- Comparative Table of Food
Values 381
- Concentrated Food 359
- COOKIES—**
- No. I 221
- No. II 221
- No. III 222
- No. IV 222
- No. V 222
- No. VI 223
- Chocolate 224
- Citron 223
- Cream 224
- Fruit 224
- Ginger No. I 225
- Ginger No. II 225
- Honey 227
- Rolled Oats 226
- Walnut No. I 226
- Walnut No. II 226
- CORN—**
- Baked 97
- Southern style 98
- Southern Green 96
- Beef, Hash 148
- Bread 18
- Bread, soft 19
- Cake 19
- Cake, scalded 21
- Meal Gruel 361
- Oysters 96 and 97
- Starch Custard 273
- Tea 361
- Cottage Pie 78
- Crabapple Preserves 321
- Crackers and Wine 368
- Cranberry Sauce 171
- Cream Baked Potatoes . . .
- CREAM—**
- Biscuit 23
- Fritters 144
- Pineapple 346
- Puffs 285
- Rice Pudding 262
- Sago Pudding 259
- Slaw 120

Coda	306
Snow	36
Of Spinage	40
Taffy	351

CROQUETTES—

Chicken	148
Beef	79
Hominy	148
Meat	149
Mushrooms	149
Nuts	370
Rice	374
Rice and Meat	149
Salmon	46
Croutons	377
Crullers No. I	228
Crullers No. II	228
Cucumber Pickles, ripe	325
Cucumber in oil	329
Curried Eggs	128
Curried Lobster	150
Curried Potatoes	100
Currant Ice	338
Currant preserved	319
Currant spiced	327
Custard Pie	285
Custard Tartlets	284
Cutlets, Lintel	375

D

Dressing for Cold Slaw	110
Drink (A Delicious Summer)	298
Dressing (A Cream)	165
Duck, Wild, Roasted	66
Duck, Mallard, Mock	86
Dumpling	151
Daisy Salad	113
Dandelion Wine	298
Deviled Eggs	133
Devil's Food No. 1	213
Devil's Food No. 2	213
Devil's Food No. 3	214
Deviled Crabs	51
Doughnuts No. 1	229
Doughnuts No. 2	229
Doughnuts No. 3	229
Doughnuts No. 4	229
Drawn Butter Gravy	171
Dried Pea Soup	35
Drink for sick	359
Dried Fruit to Cook	330

Dried Peaches to Peel	330
Dropped Fish Balls	47
Dressing for Turkey and Roast Meats	64

E**EGGS—**

A la Cream, No. 1	129
A la Cream, No. 2	130
A la Swisse	137
Balls	40
Balls	132
Bread	22
Broth	364
Baked	125
Boiled	127
Baked in Tomato Cups	126
Chowder	132
Creamed, No. 1	129
Creamed, No. 2	129
Creamed, No. 3	130
Curried	128
Deviled, No. 1	133
Deviled, No. 2	133
Fried	127
Fried, with Ham	127
Gems	135
Hen's Nest	136
How to Economize	124
on Foam	135
Plant	98
Sandwich, Nos 1, 2, 3, 160-161 Sauce	176
Sauce for Fish	52
Salad	113
Snow	135
Snow and Custard	136
Soup	35
Toast	128
Enchiladas	166
Escaloped Cauliflower	97
Escaloped Potatoes	101
Lemonade No. 1	297
Lemonade No. 2	298
Lemonade No. 3	360
Milk Toast	150
Poached	126
Poached in Tomatoes	127
Pickled No. 1	134
Pickled No. 2	134
Preserved No. 1	122
Preserved No. 2	124

- Preserved No. 3124
 Stuffed132
 Scrambled126
 To Color for Easter137
 With Creamed Beef or
 Codfish131
 With Creamed Potatoes..131
 With Fried Potatoes131
 With Onions132
- F**
- FIG—**
- Marmalade No. 1312
 Marmalade No. 2322
 Coffee296
 Filling for Cake219
 Pudding No. 1252
 Pudding No. 2353
 Pudding No. 3343
 Figs Preserved322
- FISH—**
- Baked Fish No. 1 43
 Baked Fish No. 2 43
 Fish Chowder 47
 Dropped Fish Balls 47
 Halibut, Boiled 42
 Halibut Steaks, Baked ... 42
 Fish Patties 48
 Fish Pickled 47
 Salmon, Baked 44
 Salmon, Baked, fresh ... 44
 Salmon, Croquettes 46
 Salmon Creams 44
 Salmon Cream No. 1 45
 Salmon Cream No. 2 45
 Salmon Escalloped 44
 Salmon Loaf 46
 Omelette 46
 Turbot 43
 Fruit (timetable for cooking).315
 Fruit Punch299
- FROZEN—**
- Pudding342
 Punch (Marashino)344
 Cantelope 344
 Apricots345
 Strawberries345
 Flaxseed Lemonade360
 Flour Balls366
 Food for Invalids358
- Food Values (Table)381
 Frappe Coffee 341
 Food Milk366
 Fool Orange364
 Frappe Coffee341
 French Pancakes 24
 French Hollandaise175
- FRITTERS—**
- Banana144
 Cream144
 Oyster 48
- G**
- Grape Fruit Salad111
 Grape Catsup
 Grapes, Preserved Isabella ..317
 Grape Puice Punch299
 Grape Jelly No. 1305
 Grape Jelly No. 2305
 Grape Jelly No. 3306
 Grape Jelly No. 4306
 Gravy for Roasted Meats ... 172
 Graham Yeast Bread14
 Graham Light Bread No. 1 .. 14
 Graham Light Bread No. 2 .. 19
 Graham Gems 25
 Ginger Drops230
 Ginger Ale Julep301
 Ginger Snaps230
 Gingered Peaches329
 Good Light Bread 13
 Grape Water Ice337
 Grape Isabelle317
 Grape Juice Punch299
 Grape Juice366
 Grape Jelly305
 Grape Butter322
 Game 54
 Gems No. 1 24
 Gems No. 2 24
 Genuine Mexican Beans 92
 Gim Gam 323
 Ginger Bread, soft, No. 1 ... 231
 Ginger Bread, soft, No. 2 ... 231
 Ginger Bread, sour milk ... 231
 Ginger Oatmeal and Raisins..232
 Ginger Cake 1232
 Ginger Cake233
 Granits 333
 Green Corn, baked96
 Gruel362

Gruel Corn Meal 361
 Gum Arabic Water 360

H

Ham, A Way to Fix 90
 Ham Sandwiches 161
 Ham, boiled 89
 Hamburg Steak 150
 Hamburger Roast 76
 Halibut Stake, baked 42
 Halibut, Boned 42
 Harlequin Pie 289
 Hash, baked Spanish 80
 Hash, Heavenly 119
 Hash, Corn Beef 148
 Health Department 387
 Hen's Nest 130
 Honey, Quince 323
 Hot Chocolate Sauce 336
 Hollandaise Sauce for fish ... 53
 How to Economize with eggs . 124
 How to Make a Round Stake
 tender 73
 How to Peel Dried Peaches.. 330
 Hot Weather Yeast 12

I

ICE CREAM—

Peach 335
 Philadelphia 333
 Almond 337
 Baked or Alaska 337
 Neopolitan 333
 No. 1 334
 No. 2 334
 Apricot 334
 Coffee 335
 One Gallon 337
 Lemon 335
 Taffy 350

ICE—

Grape Water 337
 Currant 338
 Lemon 338
 Orange Water 339
 Strawberry No. 1 339
 Strawberry No. 2 339
 Iced Coffee 300
 Indian Succotash 103
 Isabella Grapes 317
 Ice Water 33

J.

JAM—

Blackberry 309
 Cranberry 309
 Cold 310
 Pineapple 310
 Raspberry 310
 Strawberry 310

JELLY—

Apple 307
 Apricot 306
 Blackberry 307
 Crabapple No. 1 307
 Crabapple No. 2 307
 Currant 305
 Lemon 309
 Peach 309
 Plum 306
 Quince No. 1 308
 Quince No. 2 308
 Jellied Chicken 60
 Grape No. 1 305
 Grape No. 2 306
 Green Grape 305
 Ripe Grape 306
 Peach with Geletin ... 309
 Orange 308
 Barley 365
 Junket 365
 John's Delight Pudding 248
 Julep Ginger Ale 301
 Juice Grape 366
 Jumbles (Texas) 239
 Juice Raw Beef 365

L

LEMON—

Pie No. 1 289
 Pie No. 2 290
 Ice 338
 Roll 265
 Puddings 258
 Dumpling 264
 Cheese Cakes 286
 Sherbet 340
 Jelly 304
 Lime Water 365

LEMONADE 297

Egg No. 1 297
 Egg No. 2 298

Egg No. 3	360
Flaxseed	360
Pineapple	297
Lentils Cutlets	375
Lime Water No. 1	365
Lime Water No. 2	365
Lima Beans	92
Liver Frio, Italiano	87
Lobster Salad	120
Lobster, Curried	150
Loquat Pie	290
Lyonase Carrots	96

M

Muffins, Southern Corn	29
Muffins, Whole Wheat	29

MUSHROOMS 155

Baked	156
Croquettes	149
Sauce	174
Stewed	15
Mutton Curry	88
Mutton, To Cure	88
Macaroons	233
Macaroons, Chocolate	235
Maple Cream Candy	352
Maple Caramel Filling	218
Maple Sauce	177
Marguerites	235
Marischino Frozen Punch	34

MARMALADE—

Apricot	311
Fig	312
Orange	311
Pineapple	312
Marshmallow Cream Pudding	344
Mayonnaise Dressing	110
Meats Without Meat	369

MEAT 71

Balls	71
Croquettes	71
Loaf	70
Omelet	78
Pie	71
Pot Pie	151
Potted	78
Meats and Their Accompani- ments	89

Medicinal Properties of Vege- tables	378
Mexican Beans	93

MILK—

Baked	361
Food	366
Frosting	218
Porridge	361
Relish	365
Sago	360
Mince Meat	291
Mince Meat, English	392
Minced Meat	77
Mince Pie	291
Mince Pie, Mock	290
Minced Oysters	157
Molasses Candy No. 1	355
Molasses Candy No. 2	355
Molasses Taffy	355
Moonshiners	234
Mousse	342
Mousse and Strawberry	341
Muffins	2
Muffins, Rice	2

N

Neapolitan Ice Cream	333
Noodle Soup	36
Nothings	236

NUT—

Butter	376
Butter Sandwiches	161
Cheese Sandwiches	162
Cake	211
Cakes	236
Crisps	236
Croquettes	370
Kisses	235
Loaf	373
Salad	117
Sandwiches, No. 1, 2	161-162
Sandwiches with Fruit But- ter	163
Nuttose Timbales	376
Nuts, Pepper	236

OYSTER—

Oysterretts	152
Chowder, No. 1 and 2	49
Cocktail No. 1	151

- Cocktail No. 2 152
 Corn No. 1 96
 Corn No. 2 97
 Escalloped 50
 Fried 50
 Fritters 48
 Minced 157
 Poulettes 158
 Patties 49
 Sandwich 163
 (Smothered) 51
 (Sauce) 52
- OMELET—**
- Sweet with Berries 142
 Tomato 139
 Vegetable 139
 With Asparagus Tips 139
 With Herbs 141
 Onion Soup 37
- ORANGE—**
- Blanc Mange 279
 Cups 280
 Cream 276
 Charlotte 343
 Fool 364
 Jelly 308
 Marmalade No. 1, 2, 3 311
 Orangeade 336
 Orange Pie No. 1, 2 292
 Punch 302
 Peel (Candied) 324
 Quarters 279
 Water Ice 339
 Whey 359
 Oatmeal Tea 360
 Okra 36
 Oil Pickle 325
 Old Time Syllabub 297
 Omelet 137
- OMELETTES—**
- Bachelos 141
 Baby 146
 Cheese 142
 Ham 141
 Jam 143
 Meat 78
 Orange 143
 Oyster No. 1, 2 140
 Plain 138
 Plain or Fancy 139
 Rice No. 1 142
 Rice No. 2 363
 Salmon 46
 Shrimp 140
 Sweet Potatoes 155
 Suet No. 1 and 2 245
 Tapioca Cream 260
 Custard 260
 Fruit 260
 Jelly 281
 The Bannock 252
 Transparent 266
 Pancakes 26
 Pancakes, French 24
 Pancakes, Potato 27
 Parinda 362
 Panada 362
 Panada, Chicken 364
 Panoche No. 1 354
 Panoche No. 2 354
 Parker House Rolls 26
 Parsnip (fried) 98
 Paste Raisin 376
 Pepper Nuts 236
 Patties, Oyster 49
 Persian Delight 354
 Peach cobbler 293
 Peach gingerer 329
 Peach Jelly and Gelatine 309
 Pear Chips 324
 Peppers, baked 101
 Peppers, stuffed 154
 Philadelphia Ice Cream 333
 Pineapple Cream 346
 Pineapple Jam 310
 Pineapple Lemonade 297
 Pineapple Marmalade 312
 Piccalilly 328
- PICKLED—**
- Eggs No. 1 and 2 134
 Fish 47
 Carrots 325
 Cucumbers, ripe 325
 Cucumbers, sweet 325
 Peaches 325
 Pineapple 327
 Tomatoes 326
 Tomatoes, whole 328
 Tomatoes, green 324
 Tomatoes, sweet 326
 Pigeon Roast 65

PIE—

Apple	283
Raisin and Cranberry	286
Whip Cream	287
Chocolate No. 1 and 2	288
Cocoanut	288
Cream	289
Harlequin	289
Lemon No. 1	289
Lemon No. 2	290
Lo lust	290
Mince	291
Mock Mince	290
Orange	292
Peach	293
Pumpkin	293
Rhubarb	293
Raisin No. 1, 3, 3	294, 295
Raisin and Cranberry	294
Raspberry	294
Wash Day	80
Cottage	78
Cheese	284
Pie Plant Sauce	323
Pimento Morrenos	157
Plain Frosting	216

PLUM—

Butter	312
Canned	
Chutney	327
Jelly	306
Pocket Book	26
Pop Corn Balls	356
Popups	27
Porridge Milk	361
Porkchop, Southern style	86
Poulenes	85
Praulines	354

P**POTATOES—**

Balls	101
Sweet Potato Balls	152
Baked, mashed	100 and 101
Boiled, plain	99
Cold	148
Cream	99
Creamed	153
Cake	189
Curried	100
Escaloped	101

Fried whole	102
Kidney	103
Yeast No. 1 and 2	11 and 12
Pancakes	27
Souffle	100
Surprise	153
Sweet Croquettes	98
Sweet Balls	152
With Cheese	153

PRESERVES—

Apple	320
Crabapple	321
Currants	319
Figs	322
Grapes	322
Oranges	319
Pears	318
Peaches	319
Plums	318
Quinces	321
Tomato, ripe	320
Strawberry	319
Watermelon	320
Pressed Veal	83

PUNCH—

Grape Juice	299
Fruit	299
Marnschim Frozen	344
Orange	302
Roman	344
Prune Drink	290
Puffs, Breakfast	22
Puree of Peas	38

PUDDING 278

Ambrosia	278
Anna Coffins	274
Apple	256
Apple and Brown Bread	255
Batter	251
Boiled Ginger	267
Black No. 1 and 2	246
Bread Boiled	248
Bread No. 1	261
Bread No. 2	274
Buttermilk	255
Christmas Plum No. 1	241
Christmas Plum No. 2	242
Christmas Plum No. 3	242

Cabinet	246	Peach	280
California Snow	261	Pineapple Sponge	275
Carrot	256	Plum	243
Caramel	271	Plum, no eggs	244
Chocolate No. 1 and 2	263	Pot Pourri	257
Chocolate Cream	264	Prune No. 1	269
Chocolate Cold	273	Prune No. 2	270
Chocolate Souffle	263	Prune No. 3	272
Chocolate Blanc Mange	274	Prune Whip	271
Cocoanut	268	Queen No. 1	257
Cornmeal	251	Queen No. 2	258
Corn Starch Custard	273	Raisin Baked	269
Cream Rice	262	Puffs	247
Cream Sago	259	Custard	268
Date	256	Rice	265
Danish	277	Russian Cream	277
Delicate	272	Sago	259
Deep Peach	254	Sago and Fruit	272
Dried Fig	253	Sea Foam	275
Dried Apricot Roly Poly	254	Snow Pudding	273
Easy Lemon Sponge	276	Spiced Meat	244
Excellent Suit	245	Steam	247
Fig No. 1	252	Steamed	247
Fig No. 2	253	Strawberry Puffs	271
Fig No. 3	343	Strawberry	265
Frozen	242	Stuffed Apples	267
Fruit	275	Quail on Toast	65
Floating Island	262	Quail Pie	65
Fruit Jelly	281	Queen Muffins	27
Graham No. 1	249	Queen Pudding No. 1	257
Graham No. 2	249	Queen Pudding No. 2	258
Graham No. 3	250	Queen Pudding No. 2 (frozen)	343
Ginger Boiled	267	Quince Honey	323
Graham Fruit	250	Quince Jelly No. 1	323
Iceed Rice	280	Quince Jelly No. 2	323
John's Delight	248	Rennet Whey	360
Kiss	261	Rhubarb Pie	293
Lemon Roll	265	Rhubarb	103
Lemon Dumplings	264	Rice, Browned	367
Lemon No. 1	258	Raisin	363
Lemon No. 2	279	Bread	20
Minute	269	Croquetts	374
Mother Eyes	266	Cake	191 and 363
Marshmallow Cream	278	Meat Croquetts	79
One, Two, Three, Four	257	Omelet	363
Orange	258	Muffins	25
Old Fashioned Rice	262	Waffers	30
Orange Cream	276	Relish Milk	365
Orange Cup	280	Rockies	237
Orange Quarters	279	Rock Cakes	237
Orange Blanc Mange	279	Roast Walnut	371

Roman Punch	344
Roast Vegetables	373
Rusk	27
Railroad Cake	187

R**RABBIT—**

To Cook Young	68
Fried	66
Fricaseed	66
Pie	68
Roasted	67
Stew	66

RAISIN—

And Cranberry Pie	294
Rice	265
Bread	14
Custard Pudding	268
Cake and Cake Loaf	184
Cake, layer	208
Puff	247
And Rice	265
Porridge	38
Paste	376
Pie No. 1	294
Pie No. 2	294
Pie No. 3	295

RASPBERRY—

Pie	295
Shrubut	299
Vinegar	300
Jam	310
Canned	315

S**SANDWICHES—**

Almond	159
Anchovy	159
Cheese No. 1	159
Cheese No. 2	160
Corned Beef	160
Cream Dressing	165
Egg No. 1	160
Egg No. 2	160
Egg No. 3	160
Fruit	161
Ham	161
Nut and Chicken	161

Nut Butter Dressing	162
Nut No. 1	161
Nut No. 2	162
Nut and Cheese	162
Nut and Fruit	163
Oyster	163
Olive No. 1	163
Olive No. 2	163
Peanut	163
Pickle	164
Shrimp	164
Tomato	16
Walnut No. 1	164
Walnut No. 2	165

SAUCES—

A simple brown	172
Capre Bechamel	176
Caramel	177
Celery	173
Cream Sauce for Cro-	
quettes	173
Cranberry	172
Cider	177
Egg	176
French Hollandaise	175
Hollandaise	53
Mint	173
Mushroom	174
Maple Sauce	177
Oyster	175
Parsley	176
Sauce for Souffle	84
Spanish	168
Spanish Sauce (pudding)..	176
Tartare No. 1	175
Tartare No. 2	175
Tartare for fish	53
Tartare Tomato	174
Onion	174

SALADS—

Apple, Nut and Celery ..	113
Chicken	121
Corned Beef	120
Cream Salmon	116
Cucumber and Onion	114
Cucumber and Tomato ..	112
Cold Slaw	112
Cream Slaw	120
Daisy	113

- Egg113
 Fish114
 Fruit No. 1118
 Fruit No. 2118
 Fruit No. 3118
 Grape Fruit111
 Heavenly Hash119
 Lobster120
 Nut117
 Peanut112
 Potato No. 1115
 Potato No. 2115
 Potato No. 3116
 Potato No. 3116
 Potato No. 4119
 Salmon No. 1121
 Salmon No. 2122
 Salmon and Cucumber ...121
 Shrimp No. 1117
 Shrimp No. 1117
 Shrimp No. 2117
 Waldorf Astoria111
 Walnut112
- SALAD DRESSINGS**..... 107
 Boiled, No. 1105
 Boiled No. 2109
 Boiled, for Vegetable Sal-
 ads108
 Cooked No. 1106
 Cooked No. 2106
 Cream109
 Cream Sauce for Lettuce
 or Cabbage108
 Dressing for Cold Slaw...110
 French Dressing108
 Fruit119
 Group of Salads111
 Mayonaise110
 Cream Salad111
 Salad Dressing No. 1 ...107
 Salad Dressing No. 2 ...108
 Salad Sauce107
 Uncooked Salad Dressing 108
- SALMON**—
 Baked No. 1 43
 Baked No. 2 44
 Cream 44
 Creamed No. 1 45
 Creamed No. 2 45
 Croquette 46
 Escalloped 44
 Loaf 46
 Omelet 46
 Sally Bunn 28
 Sago for Invalids 359
 Sago Milk 360
- SCOTCH**—
 Broth 85
 Bread 21
 Tomato Scones 159
 Scornes 238
 Short Bread 238
 Shearing Buns 28
 Sardines 52
- SHERBET**—
 Blood Orange 340
 Lemon 340
 Mixed Fruit 340
 Pineapple 341
 Strawberry 340
 White Velvet 341
 Shrimp, Creamed 53
 Shrimp Croquettes 157
 Snip Doodles 239
 Snow Apple 372
 Snow Cream 367
 Snow Eggs 135
 Snow Eggs and Custard 136
 Soda Cream 300
 Sorbet 333
 Southern Corn Muffins 29
- SPANISH DISHES**—
 Enshilades166
 Tomales167
 Tongue and Spanish Sauce 165
 Spanish Sauce168
 Spanish Sauce (Pudding) 176
- STRAWBERRY**—
 Frozen345
 Syrup302
 Ice No. 1339
 Ice No. 2339
 Canned310
 Jam310
 Preserve319
 Squab Pie 69

Squirrel Pot Pie	69
String Beans	93
String Beans (excellent)	154
Succatash	102
Sweet Breads, fried	157

SOUP—

Amber	32
Asparagus	33
Bean	33
Cream of Celery	34
Cream of Spinach	40
Chicken	34
Clam	34
Dried Pea	35
Egg	35
Egg Balls No. 2	11
Fish	35
Mock Bisque	35
Milk Tomato	36
Noodle	36
Okra	36
Onion	37
Philadelphia Pepper Pot	37
Pounce of Peas	38
Raisin Porridge	38
Tomato	38
Vegetable	39
White Almond	39
White Potato	39

T

To Cook Eggs in Shell	363
To Prepare Bread Crumbs	377
To Weigh Without Scales	390
Time Table for Cooking Vegetables	104
Tomales	167
Tomatoes a la Creme	103
Tomatoes, Canned	317

TOMATO—

Catsup	328
Omelet	139
Pickle	326
Pickle (green)	324
Pickle (Sweet)	326
Tomatoes Preserved (Ripe)	320
Tomato Sauce	52
Tomato Soup	38
Tomatoes Stuffed	102
Tomatoes Whole	328

Tongue in Aspic Jelly No. 1.	88
Tongue in Aspic Jelly No. 2.	88
Tongue with Spanish Sauce	165

TURKEY—

Roast, New England style	62
Roast No. 2	63
Dressing with Oyster	64
Dressing for	64
Raisin Stuffing	61
Vegetables No. 1	375
Vegetables No. 2	375
Turbot Fish	43
Tutti Fruitti	278
Tanglefoot Cakes	234
Taffy Ice Cream	356
Taffy Molasses	355

TAPIOCA—

Cream	260
Custard	260
Fruit	260
Jelly	281
Tartlet Custard	284
Tartare Sauce (for fish)	53

TEA—

Apple	359
Beef	360
Corn	361
Oatmeal	360
Texas Jumbles	239
Toast	362
Beef	364
Water	360

V**VEAL—**

Balls	83
Marbled	85
Souffle	84
Souffle (Sauce for)	84
Pressed	83
Stuffed with green peas	82
Wash Day Pie	80
Venison Stew	70
Venison Steak	70
Venison Rib Roasted	70

VEGETABLE—

Pot Pie	372
Roast with Gravy	373
Soup	39
Vegetables	91
Vinegar Raspberry	201
Vegetable Turkey No. 1	375
Vegetable Turkey No. 2	375

W

Waffles	30
Waffles (Rice)	30
Wafers (Chocolate)	239
Wafers (Walnut)	240

WALNUT—

Sandwich No. 1	169
Walnut Sandwich No. 2	165
Cakes	210
Roast with Mushroom Sauce	371
Caramels	352
Salad	112
Roast	371
Waldorf Astoria Salad	111
Wash Day Meat Pie	80

WATER—

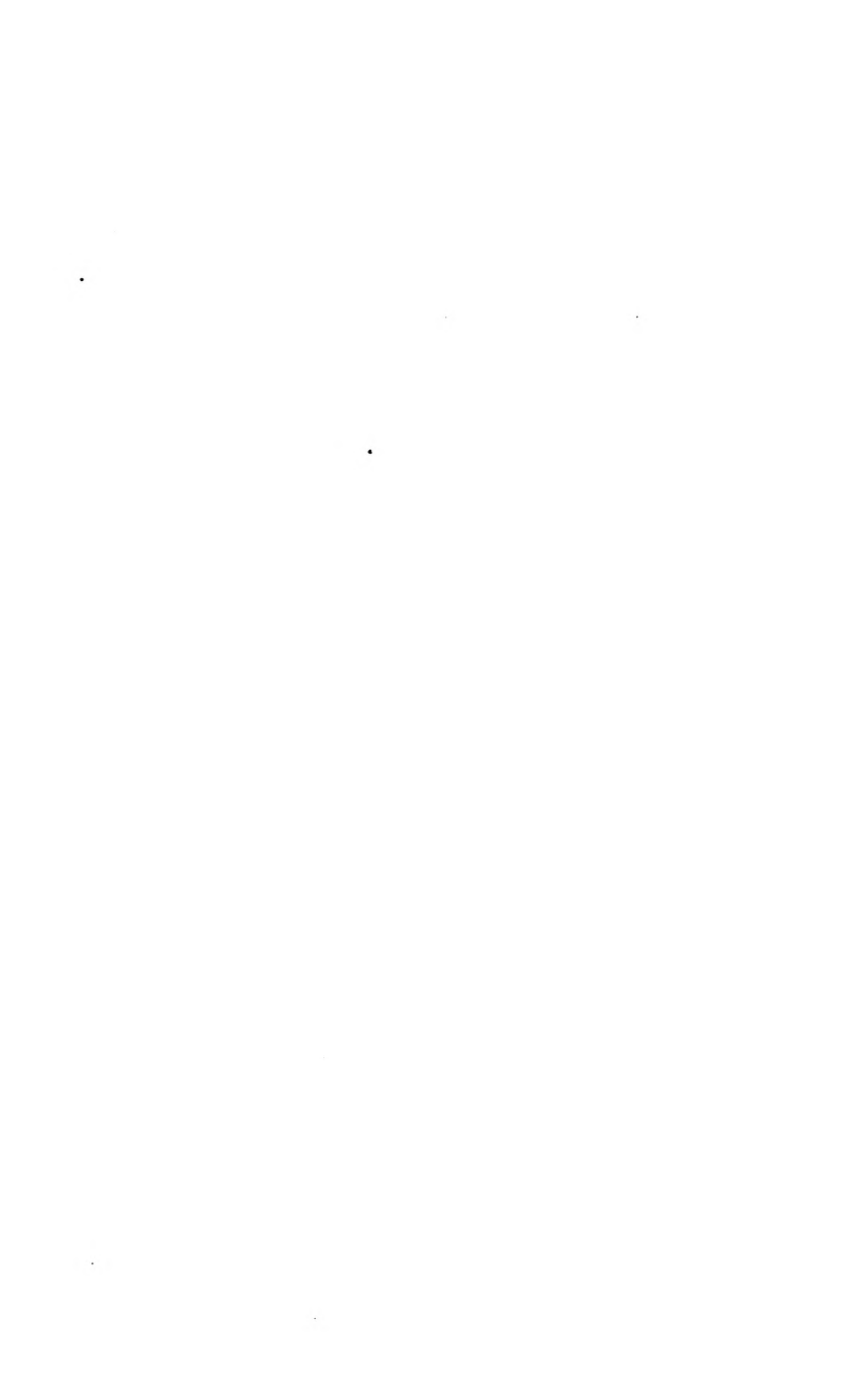
Weigh Without Scales	390
Ice	333

Currant	301
Melon Preserved	320
How to Drink	389
Gum Arabic	360
Lime	367
Toast	360

What Shall We Drink	83
Whey	366
Whey Rennet	360
Whey Orange	359
Whipped Cream	281
Whipped Cream Pie	287
White Potato Soup	39
White Velvet Sherbet	341
White Almond Soup	39
White Sauce Veal Souffle	84
Whole Wheat Bread No. 1	13
Whole Wheat Bread No. 2	16
Whole Wheat Muffins	29
Whole Tomato for Winter	328
Wild Duck (Roasted)	66
Wine and Cracker	368
Wine Dandelion	298

Y**YEAST—**

Potato Yeast No. 1	11
Potato Yeast No. 2	12
Hot Weather Yeast	12
Yorkshire Pudding	75



ADVERTISEMENTS

Roeding & Gower's

Brand of

OLIVE OIL

Is conceded by parties knowing what olive oil should be, to be superior to all other makes. If you want to be sure of getting a

Pure, Wholesome Oil

ask your grocer for Roeding & Gower's Brand. We are also the largest firm in Central California putting up Ripe and Green Pickled Olives. For further particulars address

Roeding & Gower

Fresno and Fowler

California

Arcade Stables

WILKINS & WILKINS, Proprietors

First-Class

Livery

Feed and

Sale Stables

HORSES BOUGHT AND SOLD

Telephone John 311

826 I Street

Fresno, . . . California

ADAM D. WILSON, M. D.

Physician and Surgeon

Fowler - - - - - Cal

We carry everything in the line of

FURNITURE

D. H. WILLIAMS

Fresno - - - California

FRANK H. SHORT

Attorney-at-Law

Fresno National Bank Building, Fresno, Cal

M. SAIER

The Jeweler of Fresno

Cut Glass and Silverware, also Gold Headed
Canes and Silk Umbrellas.

1917 Mariposa Street.

ADVERTISEMENTS

OFFICE HOURS

Until 9 a. m., 1 to 3 p. m., 6 to 8 p. m.

DR. WILLIAM T. CRAWFORD

Diseases of the Stomach a Specialty

Office Opposite Postoffice. Residence North Sixth Street.

Fowler - California

M. V. HARTRANFT
Managing Editor

GEO. F. HALL
Associate Editor

The Pacific Fruit World

\$1.00 per year. One every week.

Main Office, Times Building, Los Angeles.

DR. G. L. LONG

Fiske Block, Cor. Mariposa and J Streets

Phone James 211

Fresno

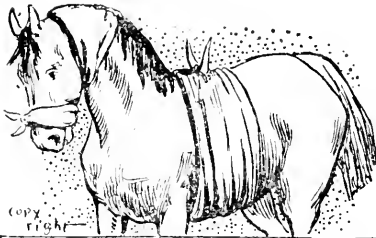
C. L. WALTER

Real Estate

1119 J Street,

Fresno, Cal

ADVERTISEMENTS

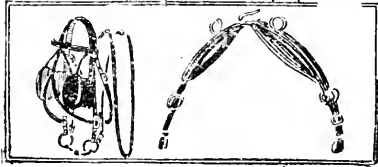


The Sufferer From
Poor Harness

is not the horse only. His owner also suffers financially. Cheapness and inferiority do not always go together. Our prices are not high, yet we sell excellent

HARNESSES.

Found that by so doing we made more friends and more money. By selling reliable goods at moderate prices we have won the confidence and the trade of this section.



These things won't gall the horse nor the pocket. We also carry the largest assortment of buggies and wagons in San Joaquin valley.

LYONS-BOLES CO

1142-48 I Street

Fresno, Cal

M. A. MORRISON, M. D.

Physician and Surgeon

Residence North Sixth Street Phone Main 73

Office Walter Block—Phone Main 71

Fowler,

California

The Reliable

Lyman's Blue Brand Raisins

Packed by

FRANK LYMAN CO

BUYERS, PACKERS AND SHIPPERS

Packing-house, South I Street. FRESNO, CALIFORNIA

ADVERTISEMENTS

FRESNO'S
Big, Busy Drug Store

SAN JOAQUIN DRUG CO

Phone Main 135. 1933 Mariposa Street, Opposite Grand
Central Hotel. Fresno, California

MAIL ORDERS FILLED PROMPTLY

F. E. COOK

Lawyer

Fresno National
Bank Building

FRESNO
CAL

Office Hours:
9 to 12 a. m.; 1 to 5 p. m.

Office Phone Blue 12
Res. Phone Black 758

DR. R. B. COCKRILL

Dentist

CROWN AND BRIDGE WORK A SPECIALTY

Office with Drs. Maupin
Rooms 5 and 6, Patterson Block

FRESNO
CAL

Subscriptions taken for any NEWSPAPER
or MAGAZINE published in the
world at Publishers rates.

All the Late Novels Carried in Stock

1113 J Street
Fresno, California

C. T. Cearley

Louis Einstein & Co

Fresno, - - California

The Great Mail Order House of Central California

Always { THE BEST ASSORTMENT
THE BEST FACILITIES
THE LOWEST PRICE

Pierce Motorettes

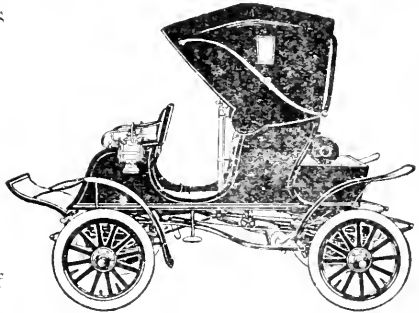
Knox Mobiles

Olds Mobiles

Toledo Touring
Cars

Auto Cars

Repairs for all makes of
Autos.



Gregory & Co

1222 to 1226 I St.
Fresno, Cal

H. L. CHAMBERLAIN

1923 Tulare St., Fresno

Harness and Saddles

Carriage Trimming. Repairing.

Prices Reasonable

Phone Blue 882

HOLLAND'S

Marisposa and K Sts., Fresno

Want you as a customer.

You are always welcome.

Best Prices. Best Service.

WE : WANT : YOUR : EGGS

The BARNETT SANATORIUM

A First-Class
Private Hospital

Cor. Fresno and S. Sts.

Tel. James 251

Fresno, Cal

The List of Dainties

enumerated in this book
are many, but you will
not be happy unless you
have some of

NORTON & BRUNTON'S

Ice Cream or Candy to
serve with them. Call
Phone Main 64.

1139 J St., Fresno

DEXTER STABLES

J. R. MCKAY, PROPRIETOR

Livery and Feed Stable

Special Attention
Given to Transient.

Telephone Main 32
I and Kern Streets

Fresno, Cal

HOY LEE

Furnisher of Chinese Labor

P. O. Box 101, - Fowler, Cal

Jordan Young

THE MAN OF ALL WORK

Will act as caterer, fill
your orders for all kinds
of fresh vegetables in sea-
son; also for fruits, nuts,
etc.

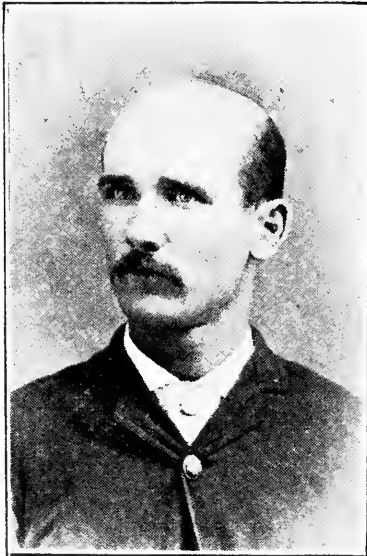
All Work Done in a Reliable Manner

ADVERTISEMENTS

"BALDY"

The Popular Caterer

Public Suppers a Specialty



Ice Cream in Season

(G. B. HAMILTON)

RESTAURANT

Seventh St., Opposite the Lumber Yard

MEALS AT ALL HOURS

Fancher Creek Nurseries (Inc.)

Our reputation for sending out GOOD STOCK, true to label, is well established. Our stock of everything in the FRUIT TREE LINE is complete. We are the largest growers in the state of Grape Vines, Ornamental Plants and Field Grown Roses.

Geo. C. Roeding, Pres. and Mgr

1215 J St. (Main Office) Fresno, Cal

Donahoo, Emmons & Co

The Supply House at Fresno in

Hardware

Stoves

Plumbing Bicycles

Receipt for Lemon Pie

By W. PARKER LYON, of Fresno

Sit on a hot stove and stir constantly—just as if one could sit on a hot stove without stirring constantly.

Sofas like mother used to use at

W. Parker Lyon's

ADVERTISEMENTS

Hours 9 to 5

Phone Blue 36

DR. FRANK D. WOLFE

Dentist

1935 Mariposa Street

With Dr. Montgomery Thomas

FRESNO, CAL

HEADQUARTERS

FOR

Agricultural Implements

Buggies and Wagons

Pumping Plants

FRESNO AGRICULTURAL WORKS

FRESNO,

-

CALIFORNIA

Hours 9 to 5

Tel. Blue 36

DR. MONTGOMERY THOMAS

Dentist

1935 Mariposa Street

Fresno, Cal

Office of the
Secretary of the

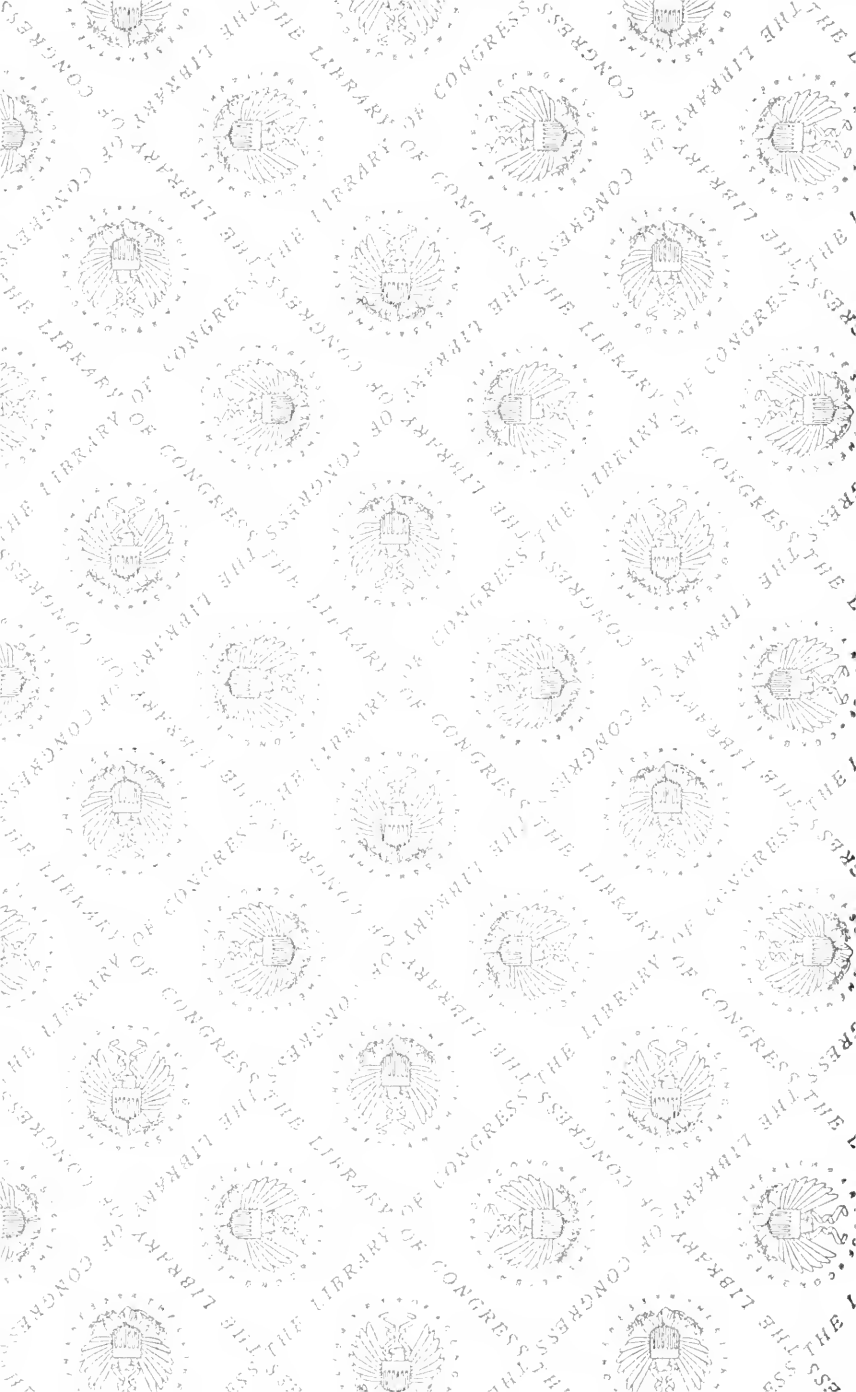
Department of the
Interior

For further particulars
see enclosed circulars in

FILE

FILE

U. S. DEPARTMENT OF THE INTERIOR



HECKMAN
BINDERY INC.



APR 89

N. MANCHESTER,
INDIANA 46962



